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WEDNESDAY, AUGUST 17, 2016

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metroLIFE

THE CANADIAN PRESS

RAISING THE BAR

Canada's Derek Drouin hits high note with Olympic Gold

RIO

Prepare to get burning mad, Toronto

HEALTH

Bylaw for max temperature not coming anytime soon

May Warren
Metro | Toronto

"The city is a long way off from providing relief for people sweating out the summer in overheated apartments — and one local councillor says the process is taking too long.

"I feel very badly that we are delaying this because tenants have rights too," Coun. Mary Fragedakis told Metro. "Public health has spoken to the risk of extreme heat and said that it could result in death. So, I don't really know what more consultation we need."

Fragedakis first championed the cause last summer with a proposal that the city adopt a bylaw prohibiting landlords from allowing apartments to get hotter than 26 C from June to mid-September.

Consultations have started with tenants and landlords, but the issue won't come back to the Board of Health until next spring — at the earliest.

Even then, it's possible that a maximum temperature bylaw won't be the favoured option.

Monica Campbell, director of healthy public policy at Toronto Public Health, said such a proposal is "a number of steps" away from becoming a reality.

Other ideas being discussed as part of consultations include requiring landlords to provide shared air-conditioned rooms in buildings, similar to miniature cooling centres.

Meanwhile, with every round of consultation — and every passing heat wave — the city is ignoring warnings from its own public health officials.

Extreme heat contributes to about 120 deaths a year in the city, Toronto Public Health said in a 2015 report. Thanks to climate change, average annual heat-related deaths could double by 2050 and triple by 2080 if nothing is done, according to the report.

Plus: Hottest month in recorded history metroNEWS

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metro NEWS

Your essential daily news

Chef Massimo Bottura feeds Rio's homeless with Olympics leftovers. **World**

POKÉMON GO

Actor faces charges for TTC video

A man who walked on subway tracks for a video making fun of Pokémon Go players is now facing charges — and he says that's fair. The charge comes with a set $425 fine and a court appearance on Sept. 16.

The video, published in July, satirized Pokémon Go, a mobile game that has exploded in popularity. In the video, a man can been seen playing and pretending to bump into obstacles, falling into Lake Ontario and walking on the subway tracks at Union station.

The man in the video, Mark Correia, is an actor with a production company called the Noodle Boys. He said in July he hoped the video would go viral.

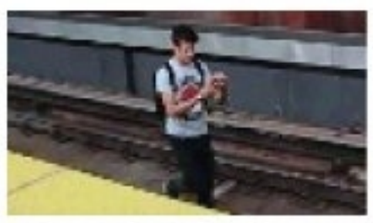
Now he says the TTC did the right thing: "This is what has to happen. It's not a surprise," he said. "By making the video we tried to show how stupid it is to do these things," he said.

TTC spokesperson Brad Ross said Correia's actions were "incredibly dangerous."

"You can literally, and this is not an exaggeration, be killed," Ross said.

Correia agreed.

TORSTAR NEWS SERVICE



An image from the video "POKÉMON GO PROBLEMS" from the Noodle Boys YouTube account. YOUTUBE

The city skyline of Toronto at sunset during one of the longest days of the year. TODD KOROL/TORSTAR NEWS SERVICE

Just plain old Toronto

FORUM RESEARCH

Poll finds 75% of residents avoid using city nicknames

Toronto the Good? Hogtown? YYZ? Birthplace of Drake?

Nope. When most people refer to this city they call it — wait for it: Toronto.

According to a new Forum Research poll, an overwhelming majority of locals — 75 per cent — invoked the official name when asked what they call this 63,000-hectare space, which butts upon the balmy shores of Lake Ontario.

"We have no idea what people are going to say when we put it out there," says Lorne Bozinoff, president of Forum Research, the company that conducted the poll. "It's impossible to predict."

Especially when it comes to matters of communal identity, such as this one.

Typically, Bozinoff's team probes political opinions, about, say, bike lanes or a new city initiative. But, from time to time, researchers are interested in asking questions that illuminate "what it means to be a resident," he says.

And this is part of that.

On the heels of discussion at city hall about the Toronto sign in Nathan Phillips Square, Bozinoff's team chose three Toronto names: Toronto, T.O. (pronounced Tee-Oh) and The 6ix, which they've seen used by the media recently, and phoned up a random sampling of 864 people.

The older, wealthier and more educated use the city's

> **We have no idea are going to say when we put it out there.**
> Lorne Bozinoff

proper name, the study suggests, and pronounce each of its three syllables: "Toh-ron-toh." Those who voted for Doug Ford in the last election or live in North York, often turf that last "toh" and call it "Tronnah."

Only about 10 per cent of respondents choose T.O. as their name preference and eight per cent ticked the "other" box, meaning they don't use any of the three options.

When researchers sliced up the poll data, he says, they discovered that age was a big factor in what word people used to talk about Toronto.

Those between 18 and 34 years old, for instance, are much more likely to call it The 6ix than, those over age 55. But, he says, as the younger generations ages "we might get more and more people saying The 6ix."

That's why his team will have to redo the study in a year — to find out if The 6ix is still relevant, Bozinoff says.

John Tablate, 24, doesn't know what he might be saying in 2017, but when he's asked where he lives, he sizes up the person talking.

When pressed to say the word, most people Torstar News Service informally polled, also annunciated. But many didn't even consider the name Toronto when asked what they call it.

"Home," says Tannaz Shirazi, who immigrated to Canada from Iran in 1984. Her children Armin, 15, and Nicki, 13, agree."

Forum's poll was conducted between Aug. 8 and 10. Results based on the total sample are considered accurate plus or minus 3 percentage points, 19 times out of 20.

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Fatal hit-and-run probed as homicide

CRIME

Victim struck by minivan that 'drove onto sidewalk'

The Toronto homicide squad is investigating after a man was mowed down on a downtown sidewalk by a hit-and-run driver Monday evening.

Steven Doyle, 27, was standing on the west side of George Street, near Gerrard Street East, around 5:45 p.m., when the driver of a blue Dodge Caravan "drove onto the sidewalk and deliberately struck the man," Toronto police said.

Witnesses told police about a possible altercation between the driver and Doyle, and that the van hit a pole before driving away erratically — but investigators have not yet determined what happened.

Doyle was pronounced dead at the scene.

Some media reports suggested Doyle might have been on a bicycle. But a police spokesman said no witnesses have provided them with that information.

The driver of the van abandoned it nearby, police said. They are looking for a slimly-built, brown-skinned man, between 5'8 to 5'10", with dark-brown shoulder-length hair.

He was wearing a dark shirt and rectangular-framed glasses, police say.

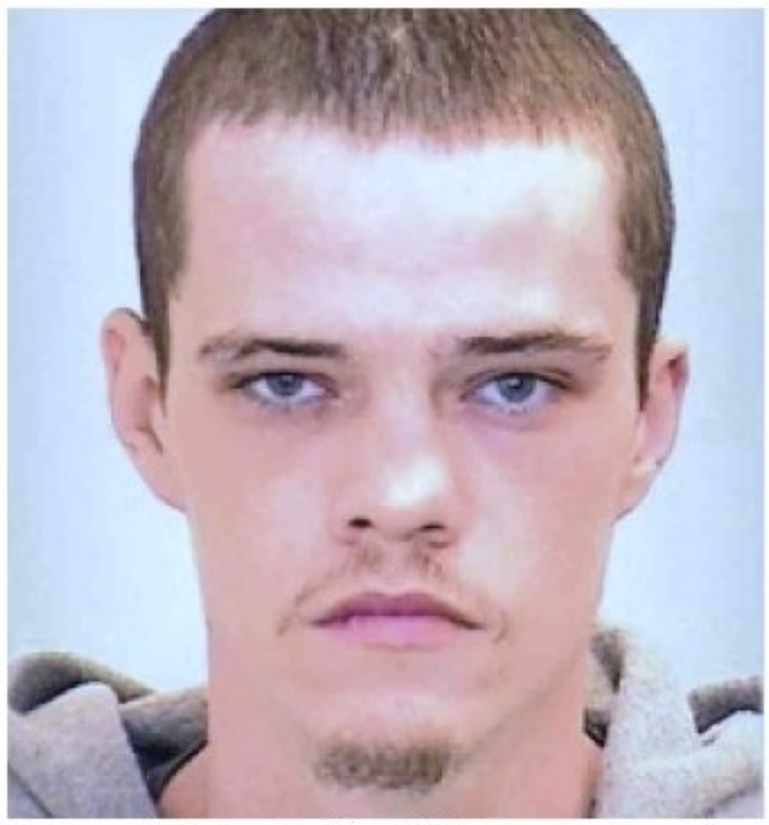
Doyle, who has no listed home address, is the city's 42nd homicide victim of 2016.

Detective Sergeant Gary Giroux said police are reviewing surveillance footage that they plan to release Wednesday.

TORSTAR NEWS SERVICE

42

Steven Doyle is the city's 42nd homicide victim of 2016.



Steven Doyle, 27, has been identified by Toronto police as the victim of a fatal hit-and-run Monday evening. CONTRIBUTED

ALLEGED ASSAULT

Cellphone video doesn't tell whole story, Uber driver says

The Uber driver charged with assault after yanking a woman from his car Saturday says the cellphone video capturing the altercation only tells a sliver of the story.

Mohammed Mahbubul Haque, 42, claims passenger Maria Mughal slammed his door twice on exiting before she grabbed his phone from his hands through the open window, threw it to the pavement, and then hopped back into the vehicle and kicked his door from inside.

"When I saw that my personal property was being damaged, I grabbed her and pulled her out of the car," he said.

"I understand 100 per cent … that I should have waited and called the police … but it was also because of the stress level and the scenario."

Haque denied he told Mughal or her three fellow passengers that "Muslim Pakistani women should keep quiet," as she had alleged to the Toronto Star on Monday.

Haque, a married father of two, says the two assault charges he now faces are "like a nightmare."

Mughal denied Tuesday she slammed or kicked the car door or grabbed and threw Haque's phone.

Mohammed Mahbubul Haque is an Uber driver charged with assaulting two women passengers in an altercation caught on video. TORSTAR NEWS SERVICE

Monday, Mughal told the Star that when she and her friends first got into the car, she opted to take a different route and the driver refused, questioning her knowledge of roads and directions. In that earlier interview, Mughal said she and her friends retaliated by telling the driver to be quiet, then he began to drive "rashly," and dropped them off at a different location than they'd asked.

Mughal took pictures of the driver because she said she wanted to use them to show the authorities. She said it was at this point that the driver asked her to delete the images. When she refused, she said he got out of the car, came around to the passenger side where she was sitting, and pulled her out of the cab. One of her fingers was fractured in the incident, she said.

Uber said Tuesday that it had permanently blocked Haque from the ride-sharing platform.

"His actions were unacceptable and failed to meet our standards," said spokesperson Kayla Whaling.

TORSTAR NEWS SERVICE

SHARING ECONOMY

Toronto licenses Uber

A planned protest by a group of taxi workers Wednesday will proceed despite a late-afternoon announcement that the city has now licensed Uber as the first private transportation company in Toronto under new regulations.

It's the first time that Uber has been issued a vehicle-for-hire licence in Canada, as North American cities continue to grapple with how to manage the disruptive technology that has threatened the business of traditional taxi companies.

Licensing for the app-based ride-hailing service, which was made official Tuesday afternoon, comes after a protracted council battle that saw a new bylaw passed in May. That bylaw, which dictates a new licensing regime that incorporates companies like Uber, came into force July 15.

The city will now screen UberX drivers — who use their personal cars to ferry passengers at fares cheaper than those of traditional taxis — and provide them with a separate private transportation company driver licence.

TORSTAR NEWS SERVICE

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The Blue Jays have been drawing big numbers all season with average of attendance of nearly 41,000. TORSTAR NEWS SERVICE

Jays fans applaud tiered ticket pricing

SPORTS

Club to charge more for most games, less for others

Gilbert Ngabo
Metro | Toronto

Shed more bucks to watch quality baseball? Absolutely, says diehard Blue Jays fan Mary-Beth Kellow.

"Baseball is a business and you get what you pay for," she said.

Kellow's one of many fans applauding the franchise's plan to roll out new tiered pricing next season. It will mean a 13 per cent price increase for 53 games — considered the most anticipated matchups or games played on weekends and holidays — while 27 games will see a price decrease of about seven per cent.

As she Kellow sees it, it's all part of Toronto moving past decades of "cheap, lousy baseball."

"Remember Toonie Tuesday days in the 500 level? It attracted only rowdy drunks," she said. "Lower prices will attract that kind of fan again."

The Blue Jays aren't reinventing the rules. The new pricing model is in line with what's happening for many other major league teams and falls directly in line with how well the Jays have been performing on the field, said sports marketing expert Vijay Setlur.

And, the team could stand to reap big benefits if fans adjust and the recent string of sold-out games continues.

The San Francisco Giants reportedly brought in about $9 million more in revenue when they adopted the tiered pricing model a few years ago, said Setlur, a York University sports marketing professor.

There's no reason the same thing can't play out in Toronto, he said.

"I don't see this model backfire in any way. It's a sound system."

> Remember Toonie Tuesday days in the 500 level? It attracted only rowdy drunks. Lower prices will attract that kind of fan again.
> Mary-Beth Kellow

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CONFLICT OF INTEREST ACCUSATION

Minister grilled over cookout sponsorship

May Warren
Metro | Toronto

How much does it cost to rent a barbecue?

Toronto MP Carolyn Bennett is trying to figure out just that after the opposition raised red flags about Enbridge's contributions to a Canada Day cookout organized by her office.

The company donated the grill — and a volunteer — for the Toronto event. Now, Bennett is pledging to pay the company back.

As Canada's minister of indigenous and northern affairs, Bennett is in a position of influence for Enbridge, according to the opposition.

The company's Northern Gateway pipeline would link the Alberta oil sands to the North coast of British Columbia. It's been especially contentious with First Nations groups who say they haven't been properly consulted.

City 'can't handle' rainfall

INFRASTRUCTURE

24 cases of flooding reported to water division

Gilbert Ngabo
Metro | Toronto

By 9 a.m. Tuesday, John Stamatakos had already fielded more than half a dozen calls from people reporting flooding, both on public and private property.

It's a scenario the owner of flood restoration company Floodmasters has grown accustomed to: Every time it rains in Toronto there's standing water somewhere in the city.

"It tells you one clear thing," Stamatakos said.

"The underground infrastructure is not that great to hold water. There are main breaks all over the place. Just can't handle it."

Tuesday brought 20 to 40 millimetres of rain and at least 24 cases of flooding reported to the Toronto water division, staff said.

Water took over parts of the Don Valley Parkway, snarling the morning commute.

More significant rainfalls, one as recently as last month, commonly turn downtown underpasses and other low-lying areas into ponds.

The problem boils down to one thing: The city's sewer and drainage systems are old and operating over capacity.

"These systems were built in the 40s and 50s and have been experiencing a lot of pressure from more intense storms over a short period of time," said Hector Moreno, the city's manager of road operations.

Fixing that will cost a lot of money — and take a lot of time.

The city has earmarked $1.15 billion over 10 years for updates that could help ease the problem.

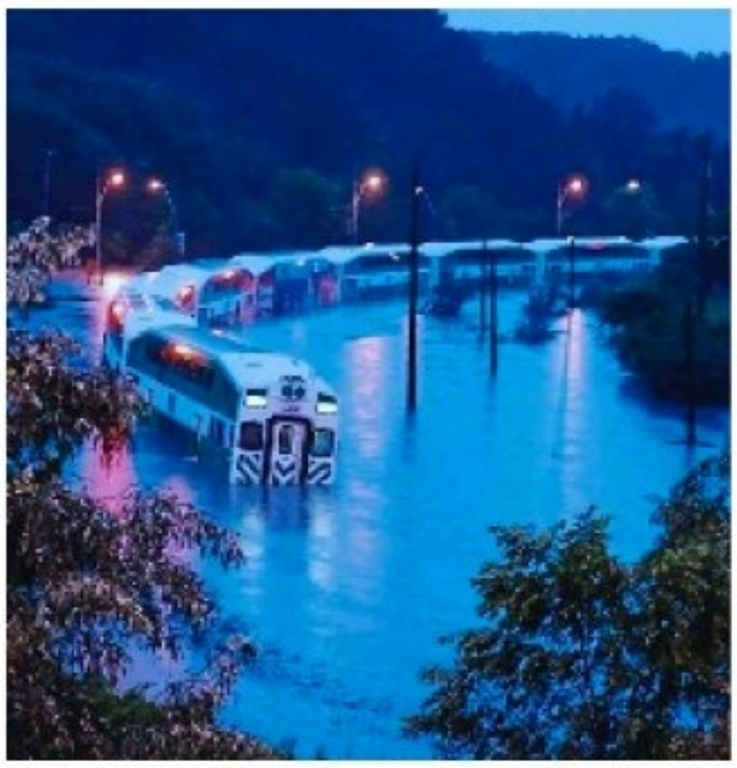
Work includes replacing older pipes with newer ones that are larger, installing underground holding tanks for water and building retention ponds, according to an email from the city's water management department.

Nearly $65 million of that budget is being used this year alone to battle the impact of runoff from rain and melting snow.

Meanwhile, the city's population growth is complicating matters.

The existing infrastructure was designed to serve one or two million people or for more than 100 years, but Toronto's population continues to increase faster than upgrades can be made.

"The best solution would be to completely rehabilitate all the main sewer trunks and adjust it to the capacity of the city's growth," Moreno said. "But that's simply not going to happen."



In July 2013, a record-breaking 126-millimetre rainfall left the city flooded for hours and brought public transit to halt. It's one of the more memorable instances of flooding in the city. CLOCKWISE FROM LEFT: WINSTON NEUTEL/THE CANADIAN PRESS, FRANK GUNN/THE CANADIAN PRESS, TARA WALTON/TORSTAR NEWS SERVICE

STREETCAR

Trouble on King

One of Toronto's new streetcar derailed at King and Bathurst Sts. on Tuesday morning, causing significant congestion during the already crowded and rainy commute.

The derailed car remained in place throughout the day and into the evening rush hour.

TTC spokesperson Brad Ross said on Twitter that debris in the track flangeway "appears to be the culprit" for the derailment. Spokesperson Stuart Green further clarified that the TTC believes debris as a result of morning rainfall was to blame.

TORSTAR NEWS SERVICE

The derailment blocked streetcars on the 504 King and 501 Queen lines. TORSTAR NEWS SERVICE

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ALS

Liberal MP Mauril Belanger dies

Mauril Belanger, a Liberal member of Parliament for more than two decades and a lifelong advocate for francophone rights in English Canada, has died.

Prime Minister Justin Trudeau used Twitter to announce Belanger's death on Tuesday night.

Mauril Belanger

Trudeau called Belanger "a great friend, tireless MP and brave fighter."

Belanger died after a very public battle with amyotrophic lateral sclerosis, or ALS, commonly known as Lou Gehrig's disease.

He was diagnosed with the incurable, neurodegenerative disease in November 2015, just weeks after winning re-election in his Ottawa-Vanier riding for the eighth consecutive time since entering federal politics in a February 1995 byelection.

THE CANADIAN PRESS

The zom-bees in B.C.'s back yards

Wanyee Li
Metro | Vancouver

Zombie bees are a beekeeper's worse nightmare and this summer they have been spotted for the first time in Canada in Nanaimo, B.C.

Sarah Wallbank had just started her honeybee hive in her backyard three months ago when she noticed a few bees acting strangely — they were buzzing around a nearby light after dark.

"They were quite frantic about the way they were flying into the light so I didn't think that was normal."

Wallbank built a light trap to collect the disoriented bees, which consisted of putting an LED lightbulb in a bucket and setting it down near the hive.

A phorid fly larva emerges from its host. SAN FRANCISCO STATE UNIVERSITY/CONTRIBUTED

She collected 16 dead bees in one night. She put them in jars and sure enough, after a week, 42 maggots emerged from the bees' dead bodies — Wallbank's hive was infected with zombie bees.

The parasite responsible for putting the bees into a zombie-like state and eventually killing them is called the phorid fly.

It lays its eggs in bees and when the eggs hatch, larvae attack their host's brains, causing the bees to act disoriented, according to John Hafernik, a biology professor at San Francisco State University. Meanwhile, the larvae eat the bee's insides for about a week until they are ready to emerge and turn into flies.

The phorid fly traditionally targets bumblebees and various kinds of wasps but six years ago, Hafernik discovered the fly can lay its eggs in honeybees, too.

Honeybees are already under threat in North America due to mites, viruses, fungal diseases, and pesticides, said Hafernik.

Sayisi Dene participate in a church service around the Duck Lake post in 1947. The apology comes with a $33.6-million settlement. HUDSON'S BAY COMPANY ARCHIVES VIA TORSTAR NEWS SERVICE

60 years on, Sayisi Dene get apology

INDIGENOUS AFFAIRS

Government forcibly relocated First Nations group

The federal government has formally apologized and provided compensation for the forced relocation of a First Nations community in northern Manitoba 60 years ago. Indigenous and Northern Affairs Minister Carolyn Bennett visited the Sayisi Dene on Tuesday to apologize for the 1956 move that led to hunger, violence and death.

"Without proper consultation, without explanation and without adequate planning, the federal government took your people from the land and the waters that sustained you," Bennett said in prepared remarks.

About 250 Sayisi Dene were forced out of Duck Lake to a barren area near Churchill, partly because the Manitoba government believed they were causing a steep decline in the caribou herd — an idea later proven untrue.

In the new location, food was scarce and housing inadequate. The Dene were forced to scavenge the dump and were assaulted by Churchill residents.

About one-third of the relocated Dene died "as a result of poverty, racism and violence," the Manitoba government said in a 2010 apology for its role.

Chief Ernest Bussidor, who was born one month before the relocation, said many have suffered post-traumatic stress.

"A lot of children died," Bussidor said Monday. "That kind of stuff never leaves you."

THE CANADIAN PRESS

FUNDS

The apology comes with a $33.6-million settlement package, aimed partly at economic development, approved by the community three years ago.

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With so many questions swirling about the huge price tag on stadiums for South America's first Olympics, renowned chef Massimo Bottura wanted to make his own statement about the Games' sustainability. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Renowned chef feeds homeless in Rio with excess Olympic food

Twelve hours ago, Fagner Dos Santos ate his last meal: two hardened bread buns and coffee. For much of the past decade, the 33-year-old has been battling drug addiction while living on the streets of Rio. When he eats at all, it's usually at a grungy soup kitchen or after picking through the trash.

Now he and some 70 other homeless men are feasting on a three-course meal courtesy of one of the world's top chefs.

The gastronomic destination is the brainchild of Italian master chef Massimo Bottura. Using leftover ingredients from Olympic caterers and other local partners, Bottura created a gourmet soup kitchen, Refettorio Gastromotiva, that has been serving up meals to Rio's homeless population.

> We want to rebuild the dignity of the people. Massimo Bottura

With questions swirling over the $12-billion price tag of South America's first Olympics, Bottura wanted to make a statement about the games' sustainability by taking on one symbol of Olympic waste: the more than 230 tons of food supplied daily to prepare 60,000 meals for athletes, coach and staff.

"This is a cultural project, not a charity," said Bottura, who runs the Michelin three-star Osteria Francescana in Modena. "We want to rebuild the dignity of the people."

It's a message that resonates in Rio.

As Brazil plunged into its deepest recession in decades, the city's homeless population has struggled. In June, facing a financial calamity, Rio's state government had to close or cut back service at 16 meal centres. But in contrast to the government-run centres, the Refettorio is an epicurean's delight, with designer wood tables, oversized photos of the staff by French artist JR and a mural of the Last Supper in chocolate. THE ASSOCIATED PRESS

Earth broiling to record highs

WEATHER

July 2016 was the hottest in recorded history

Earth just broiled to its hottest month in recorded history, according to NASA.

Even after the fading of a strong El Nino, which spikes global temperatures on top of man-made climate change, July burst global temperature records.

NASA calculated that July 2016 was 1.51 degrees Fahrenheit (0.84 degrees Celsius) warmer than the 1950-1980 global average. That's much hotter than the previous hotter months, about 0.18 degrees warmer than the previous record of July 2011 and July 2015, which were so close they were said to be in a tie for the hottest month on record, said NASA chief climate scientist Gavin Schmidt.

Scientists blame mostly man-made climate change from the burning of fossil fuel with an extra jump from the now-gone El Nino, which every few years is a natural warming of parts of the Pacific Ocean that changes weather worldwide.

Georgia Tech climate scientist Kim Cobb said this is significant "because global temperatures continue to warm even as a record-breaking El Nino event has finally released its grip."

This is the 10th record hot month in a row, according to NASA. The National Oceanic and Atmospheric Administration, which calculates temperatures slightly differently, will come out with its July figures on Wednesday. NOAA has figured there have been 14 monthly heat records broken in a row, before July.

"The scary thing is that we are moving into an era where it will be a surprise when each new month or year isn't one of the hottest on record," said Chris Field, a climate scientist at the Carnegie Institution and Stanford University.

This new record and all the records that have been broken recently years tell one cohesive story, said Schmidt, director of NASA's Goddard Institute for Space Studies: "The planet is getting warmer. It's important for what it tells us about the future." THE ASSOCIATED PRESS

WEATHER

NASA's five hottest months on record are
- July 2016
- July 2011
- July 2015
- July 2009
- August 2014

Only July 2015 was during an El Nino.

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Malvern location classes begin Thursday, September 22

For further information, please contact Celeta Irvin at the School of Gender, Sexuality and Women's Studies at 416-736-2100 ext. 77818 or email cirvin@yorku.ca

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Arbitrator accepts Canada Post's side

LABOUR DISPUTE

Union says decision 'sad day' for rural postmasters

An arbitrator has accepted Canada Post's proposal for a new collective agreement with its postmasters and assistants in rural offices across the country.

Key changes under the agreement include a defined contribution pension plan for new employees represented by the Canadian Postmasters and Assistants Association.

There are also changes to entry-level wages for new CPAA members as well as an increase in the employees' share of contributions towards post-retirement benefits.

Canada Post says there's a "modest" wage increase for current employees — but details weren't announced.

Union president Brenda McAuley said the arbitrator's decision is a "really sad day for the Canadian Postmasters and Assistants Association."

She said that new members in her 114-year-old union won't have the security of a defined benefit pension. She also lamented having one pay scale for new hires and another for established employees.

"We went to final-offer arbitration because we did not want to sell out the next generation of Canadian workers," McAuley said

The Crown corporation remains at odds with its largest union, the Canadian Union of Postal Workers (CUPW), which is the only remaining employee group that hasn't accepted a defined contribution pension plan for new employees.

THE CANADIAN PRESS

The new Canada Post agreement with its postmasters includes a defined contribution pension plan. THE CANADIAN PRESS

IN BRIEF

Too many new smartphone models released, poll finds

Consumers think smartphone makers are releasing too many new models each year, a survey conducted in six countries for Greenpeace showed. The top cellphone firms, Samsung and Apple, launch new flagship phone models at least once every year. THE ASSOCIATED PRESS

French mayor bans Pokémon in his village

A French mayor has banned Pokémon Go characters in the village of Bressolles, citing security reasons. Mayor Fabrice Beauvois says he has mailed his decree to California-based Niantic Inc. and The Pokémon Company.

THE ASSOCIATED PRESS

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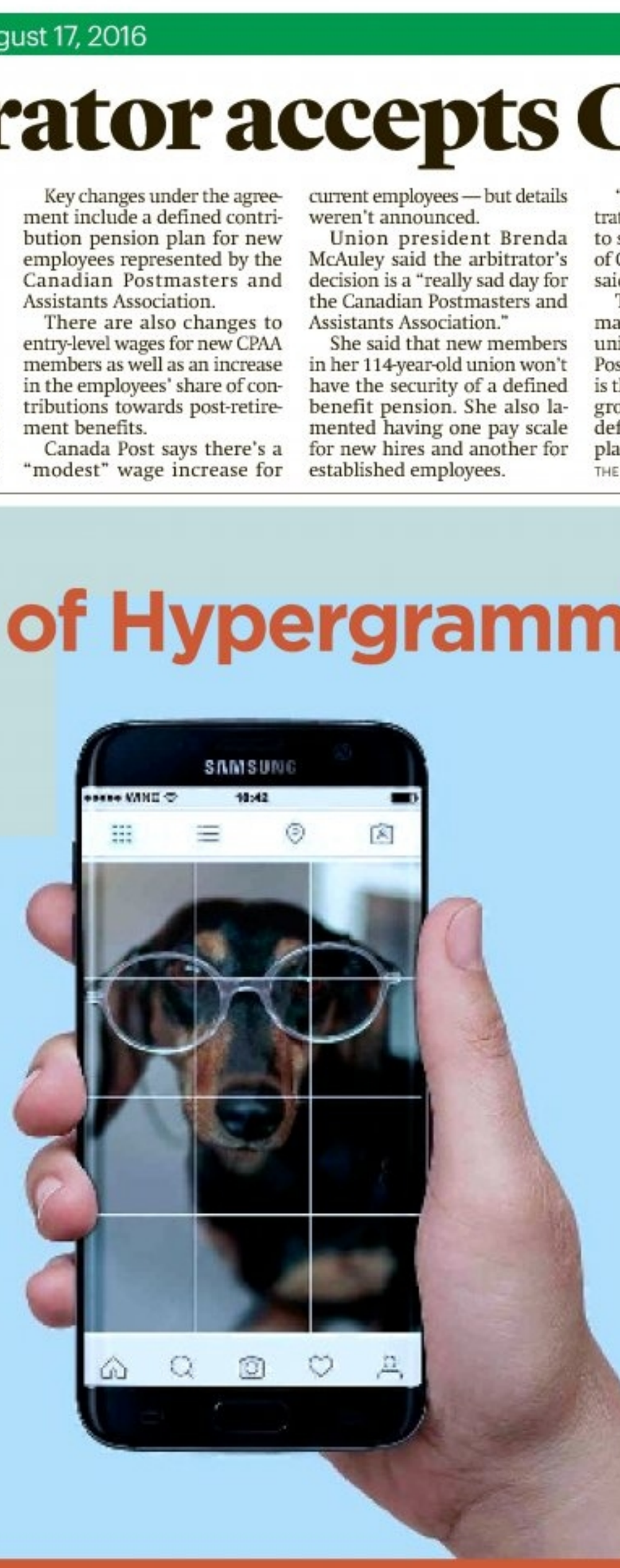

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metro VIEWS
Your essential daily news
Wednesday, August 17, 2016

ROSEMARY WESTWOOD
ON RECONSIDERING WHITENESS

Feeling uncomfortable. Feeling left out. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen.

In retrospect, this could be viewed as the year of recalcitrant whiteness.

It's evident most noisily in America. A conversation fuelled by police killings of black Americans cross-bred with the Republican Party's typical play for white Christian votes, and under the toxic orange glow of Donald Trump, mutated into an ungainly, vitriolic, spitting monster.

It's evident here, too. Black Lives Matter organizers drew the ire of Canadians who imagined we'd somehow escaped the U.S.'s anti-black bias; the Missing and Murdered Women and Girls inquiry underlines the extreme violence white women just don't see; the killing of an indigenous man by a white farmer in Saskatchewan sparked racial tensions in that province into flame.

I also feel it in myself.

I was raised in Victoria, a city I've long imagined could be the whitest place in Canada. I grew up devoid of any sophisticated sense of race. The sprinkling of diversity in my schools went largely unnoticed, as innocuous as the odd birch in a forest of cedar. Equality among us was assumed, as was our Canadian immigrant identities and their neutral impact on the country. In one junior-high social studies class we were directed to research how and when our families came to Canada. Perhaps you can guess this: There were no indigenous pupils in the class.

This year, more than any, has troubled my sense of whiteness. Frequent criticisms of my "white feminism" have revealed weaknesses in my politics. Covering Toronto's Black Lives Matter protests underlined how uniform and narrow white Canadian media analysis can be, and forced me to question what I do and do not have any business writing about. This year's suicide crises on indigenous reserves drew both horror at the suffering and cynical suggestions that indigenous Canadians bring all ills upon themselves. And since conditions on reserves don't change between one suicide crisis and the next, both responses can be read as expressions of white privilege.

The thing about contemplating one's whiteness in 2016 is that it's supposed to hurt.

WHAT'S YOUR POINT? A protester brandishes an "All lives matter" sign at a Black Lives Matter rally in Panama City, Fla., in July. Social movements in Canada and the U.S. are forcing white people to think of themselves in new ways. AP

White privilege. I don't use that term lightly. And I realize it's likely to blow the skull of any white person who's sick and tired of being called white as if it's a bad thing. They've likely already stopped reading, but I will address them on the off chance they're still around: The fact that you are deeply upset proves the problem. The thing about contemplating one's whiteness in 2016 is that, for perhaps the first time in centuries, it's supposed to hurt. Feeling uncomfortable. Feeling left out of the conversation. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen. This is what it feels like to no longer be the sole centre of attention. This is what it feels like to be rightly accused of dominating the country on morally shaky ground. In the colonial beginning, there was racism. It was at the root of residential schools, early immigration practices, early slavery laws. Despite our best efforts to pretend otherwise, that racism endures.

I don't want to be called a bigot either. I don't want to be told my country is, among other wonderful things, dyed with discrimination. Who does? But bias has been built into this nation, and we all exist on its spectrum. Internally, too, we are all biased. And the worst thing any of us could do is pretend otherwise.

People living in Saskatchewan this week don't have that luxury. On Sunday Brad Wall, the province's premier, in the kind of aspirational sentiment common to our politics, said that "racism has no place in Saskatchewan" before explaining exactly what place it does hold. "In the wake of a shooting near Biggar, there have been racist and hate-filled comments on social media and other forums," he said in a statement.

In comments to the StarPhoenix newspaper, one woman expressed her support for the alleged shooter, saying, "Nobody should have died, but we knew it was going to come to this. Things are out of control." Who is "we"? What is "it"? And why did "it" have to end in a shooting? What, exactly, is "out of control"?

It's a question that also applies to the U.S., to Trump's campaign, to his cult-like supporters. And some fairly convincing answers can be found in a new book. In The End of White Christian America, the religion researcher and pollster Robert P. Jones traces white Protestant Americans' "waning cultural influence" and the ensuing anxieties and fears that run so deep, even a 2014 Coke ad about America's diversity was a "provocative act." As Jones elaborated in a New York Times op-ed: "The apocalyptic rhetoric is fueled by energies that are unleashed when a long-dominant group senses the looming end of its era."

Do not think that those apocalyptic and xenophobic sentiments belong only to America. I have heard them myself, and never more loudly than this year: white people are the most discriminated against, white Christian faith is under attack. These are the feelings of those who sense a slipping grip on power, and who have not yet imagined in what ways that might be a good thing.

Grits' holistic anti-terror aims traceable to Harper

Paul Wells

So far on terrorism, Justin Trudeau is more or less the prime minister Stephen Harper told us he would be.

On the very day Trudeau became leader of the Liberal Party of Canada, in April 2013, he sat in Ottawa for an interview with Peter Mansbridge of the CBC. Two bombers had just detonated their home-brew contraptions at the Boston Marathon, killing three and wounding hundreds.

How would you respond if you were PM, Mansbridge asked. "Over the coming days," Trudeau replied, "we have to look at the root causes."

That language seemed designed to ruffle Conservative feathers. But Trudeau was not done. "There is no question that this happened because there is someone who feels completely excluded. …. And our approach has to be, where do those tensions come from?"

That was all Stephen Harper needed. In London he told reporters: "When you see this kind of violent act, you do not sit around trying to rationalize it or make excuses for it or figure out its root causes. You condemn it categorically."

A week later, Harper piled on. "This is not a time to commit sociology, if I can use an expression. ... I don't think we want to convey any view to the Canadian public other than our utter condemnation of this kind of violence."

Two years later Trudeau won the election. Last week the RCMP shot and killed Aaron Driver in Strathroy, Ont., and we have had a chance to see how Trudeau handles terrorism.

To a great extent, in any public sense, he doesn't. It's Ralph Goodale, his minister of public safety who has been the government's face in the aftermath of Strathroy. Nevertheless, it's striking how much time Goodale has spent talking about sociology.

In a long weekend news release, Goodale first reassured Canadians that the police had done their job well and that Canada's threat level is no higher than it has been for a year and a half. Then: "We need to know how to identify those who could be vulnerable to insidious influences that draw certain people — especially young people — toward extremism leading to violence.

"We need to understand what positive messages can counteract that poison."

Inconveniently for fans of political caricature, the academic work into counter-radicalization that turns Goodale's Liberal crank is already well begun — thanks to Stephen Harper.

In June 2011, Harper announced the Kanishka Project, a $10-million research program on terrorism. Work funded by the Kanishka Project included the Canadian Network for Research on Terrorism, Security and Society, whose co-director, Lorne Dawson, has said "the actual research has consistently shown that sociology is the better way to go."

Harper low-bridged the sociology while playing up the law and order, but he did both. Trudeau reverses the emphasis, but he does both.

Sociology offers no guarantees. Utter condemnation didn't either. Trudeau's record on terror will be told over four years at least. But his way is no accident. His government's behaviour this week is in a straight line from those remarks he made in 2013.

Paul Wells is a national politics columnist for the Toronto Star.

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metro LIFE

Your essential daily news

Wednesday, August 17, 2016

In her book released Tuesday, Amy Schumer writes she experienced "slut-shaming" while doing press for Trainwreck. "Maybe it was just a cultural thing that made the foreign journalists seem out of line. Some interviewers brought this vibe: 'Well, you talk about sexual subject matter in your movie, so I can say anything I want to you."

It's time for a ramen revolution

INTERVIEW

New cookbook aims to help students save money, eat better

Yvette d'Entremont
Metro | Halifax

Takeout-inspired sesame chicken. Creamy macaroni and cheese with butternut squash. Sriracha pulled pork tacos with pineapple salsa.

Not your typical student fare and a big step up from hot-dogs and packaged noodles, but those are among the cheap, easy and nutritious recipes on offer in a new book released Monday by Halifax dietitian Krista McLellan.

With the appetizing title World Food For Student Cooks, it dishes up a helping of those recipes drawn from a variety of international cuisines, including Indian, Thai, Mexican and Middle Eastern.

McLellan said the recipes in her first book are flavourful, fun to make, and use everyday kitchen staples and readily available ingredients.

"Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing," McLellan said in an interview Monday.

"And you save some money. There are a lot of other places for money to go when you're a student."

The book was inspired by McLellan's personal experiences as a student living in some of Canada's most multicultural cities, including Toronto and Ottawa.

"Canada is definitely a melting pot of different cuisines, and younger generations really appreciate that," she said.

"Also, eating out all the time is really expensive and also does not give a lot of control in terms of the healthfulness factor."

McLellan believes home cooking is making a comeback and she wants to help grow that trend with a younger generation.

Halifax dietician Krista McLellan has created a cookbook for students featuring flavours of the world. One of the dishes, Simple Sesame Chicken, is seen left. ZANE WOODFORD/METRO; HANDOUT

"Being able to develop some healthy habits as they foray into their new life as an independent adult who doesn't rely on mom and dad for their food is probably a really good thing," she said.

"There is a good mix, from things that can be made ahead of time, batch cooked and kind of pulled out of the freezer at exam time, to things that can be thrown together in a couple of minutes."

The more than 170 recipes featured in her book include snacks, appetizers, breakfast, desserts and main dishes.

World Food For Student Cooks retails for $16.95 and is available now at campus bookstores, Chapters-Indigo locations and independent bookstores across Canada.

> **Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing** Krista McLellan

Nothing says summer like ripe tomatoes, herbs, tangy feta and a lime-curry vinaigrette served atop a wedge of watermelon. TORSTAR NEWS SERVICE

ENTERTAINING

A salad that celebrates summer

Ricardo Larrivée
Torstar News Service

This weekend, why not invite some friends over for an outdoor dinner party? I've got the perfect recipe for you: a salad that celebrates the best of summer, made with juicy watermelon, ripe tomatoes, the tangy snap of feta, fresh herbs and a lime-curry vinaigrette. The mix of flavours epitomizes the season and is a perfect alfresco dish — the secret weapon, however, is the presentation. Serve each of your guests an entire wedge of melon topped with the dressed tomatoes, cheese, basil and chives, and you've got yourself a showstopper of a salad guaranteed to elicit oohs and aahs. And what chef doesn't like that?

Watermelon Tomato and Feta Salad

Makes 6 servings

Ingredients:

- 1 large seedless watermelon*
- 2 tbsp (30 mL) olive oil
- 2 tbsp (30 mL) lime juice
- ¼ tsp (1 mL) curry powder
- Salt and pepper
- 2 large tomatoes, cut into wedges
- ¾ cup (115 g) feta cheese cut into large chunks
- 3 tbsp (45 mL) chopped fresh basil
- 3 tbsp (45 mL) fresh chives cut into ½-inch (1 cm) pieces

Directions:

1. On a work surface, cut a 1-inch (2.5 cm) thick slice of watermelon lengthwise. Place in the middle of a large serving platter and set aside.

2. In a large bowl, combine the oil, lime juice and curry powder with a whisk. Season with salt and pepper.

3. Add the tomatoes, feta and herbs. Toss to coat thoroughly with the vinaigrette and adjust the seasoning.

4. Arrange the tomato salad over the watermelon slice. When ready to serve, cut into wedges.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Popcorn

Popcorn can be a healthy light snack or one loaded with calories, fat and sodium – choose wisely!

PICK THIS

Orville Redenbacher's Smart Pop Gourmet Popping Corn (5 cups)

Calories 100
Fat 1g
Sodium 110mg

SKIP THIS

Smartfood Popcorn (5 cups)

Calories 465
Fat 22g
Sodium 660mg

HERE'S WHY

Equivalent to Manchu Wok's Black Pepper Chicken in sodium.

There's nothing smart about Smartfood. The addition of excess vegetable oil, cheese and salt takes this from a natural healthy snack to a fat & salt-laden disaster. It's always better when you can control what goes on your food – pop the popcorn yourself by using the package microwavable packets. If you do want more flavour, just add some finely grated parmesan cheese and your favourite spices.

GROCERY ISLE

Jackfruit: Big, bad and sweetly delish

We interrupt our local season to bring you one of the world's biggest, baddest-looking fruits, which happens to be right at home in this tropical weather.

Whole Foods Market produce buyer Stuart Coleman fell in love with them 20 years ago in his native Australia.

Long and slightly kidney-shaped, armed with brown-yellow spikes and weighing up to 40 kilos each, they're impossible to miss.

Jack fruit gives off a mild fragrance somewhere between banana and pineapple.

Since the Mexican fruit Coleman is trucking in at the moment weighs between 23 and 29 pounds (10-13 kg), he's cutting it into "grab and go" slices.

Buy & Store

Since most of us have no interest in hauling home 10 kilos of fruit from the supermarket, jackfruit is sold in chunks of varying weights with the spiky skin still attached. It's available year-round in Asian stores from Mexico, South America or Southeast Asia. The Mexican season is coming to an end.

Ripe jackfruit should be slightly soft with a strong fragrance and a yellowing exterior. If you purchase green jackfruit, let it ripen at room temperature until fragrant. Store in plastic in the refrigerator.

Prep

Before you start carving up a jackfruit, oil your knife and fingers (coconut is recommended but any oil will do) to prevent the trace of sap from sticking to you. Cut off the white spongy inner core until the bright yellow pods come into view. Cut off the spiky rind, as you would a melon, until you see yellow. Use your fingers to separate the edible yellow pods from the rubbery, ivory-coloured tendon-like strips that hold them in place. This is the fun part! Have a compost bin handy. Reach into each pod from the side to remove the brown seed. You are now ready to eat, cook or purée your jackfruit.

TORSTAR NEWS SERVICE

LIQUID ASSETS

Zin and ribs: A perfect pair

Few red grapes have as exotic a backstory as Zinfandel. Originating in Croatia (where it goes by the tongue-twister of a name Crljenak Kaštelanski), it was christened Primitivo when it found its way to Italy and finally called Zinfandel after being introduced to California's vineyards in the early part of the 19th century. When Cali's Sutter Home Winery discovered that limited exposure to the grape's dark skin gave its juice a people-pleasing pink hue, Zinfandel's reputation as a base for "serious" red wines seemed to be immutably damaged. While matching surprisingly well with a wide variety of dishes, Zinfandel is a natural mate with barbecued ribs, especially when they are lathered in sweet sauce. The Michael David Winery loves a pun, and its 2013 The Seven Deadly Zins ($22.49-$24.99), with its dried red fruit and long trail of pepper spice, is rib-tastic.

PETER ROCKWELL/METRO

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LaCrosse wants to shake stigma

ALL PHOTOS JIM FETS

REVIEW

Buick overhauls image with good looks

Dan Ilika
AutoGuide.com

You'd be forgiven if Buick wasn't the first brand to spring to mind when thinking about luxury vehicles.

That is something Buick hopes to change — and soon. It's already got some momentum going, with the Cascada convertible in the U.S. and Envision midsize crossover signalling the start of an aggressive rollout that will see seven new or refreshed products hit showrooms by 2018. But there may be none more important than the 2017 Buick LaCrosse.

It's no secret that Buick is overhauling its image in an attempt to shed the stigma, at least in North America, of serving society's senior citizenry. To do so starts with good looks, something the new LaCrosse has in spades.

It begins with a new grille design that scales back the toothy grin of old for a more refined shape. The grille is also where the LaCrosse's character lines begin and end, tracing all the way around the full-size sedan to accent its sleeker, elongated proportions. The car itself is only 15 millimetres longer and 10 millimetres wider than the outgoing version, but has a stance that would lead you to believe otherwise.

The LaCrosse's exterior overhaul was about more than just a new form, though, with a host of changes made to improve its overall function. The car weighs 136 kilograms — about the weight of a side-by-side refrigerator — less than the last generation thanks to the expanded use of high-strength steel, while outward visibility has been vastly improved thanks to narrower A- and C-pillars.

It's hard to convey an upmarket appearance when so much of a car's interior carries over from more mainstream models, a problem that isn't unique to General Motors, but one that has plagued the automaker for years. Designers set out to change that in the 2017 LaCrosse, with little of the car's interior shared with anything else in GM's vast portfolio.

The new engine features idle-stop technology and cylinder deactivation to reduce emissions and improve fuel economy. That means the engine automatically shuts off when the car is stopped, and only runs on four cylinders when cruising at highway speeds. Power delivery is smooth if a little slow at times, while the idle-stop and cylinder deactivation systems work impeccably well, and go virtually unnoticed.

Put the whole package together, and the LaCrosse handles long trips with ease, gobbling up bumps as eagerly is it carves a corner and does it with style. It's not as sporty as the turbocharged Buick Regal, but it's composed and capable of providing at least some level of engagement.

THE CHECKLIST | 2017 BUICK LACROSSE

THE BASICS

Engine: 3.6L V6
Power: 309 hp, 37 kg-m
Transmission: Eight-speed automatic
Fuel Economy (L/100 km): 11.8 city, 8.1 hwy (AWD)
Price: Starts at $35,445 (before freight)

LOVE IT

- Handsome design
- Cabin quietness
- Dual-clutch AWD system

LEAVE IT

- Lack of LED headlights
- Safety feature availability
- Rear seat headroom

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Corolla CE: All in price includes freight and fees, HST Extra. All in lease is bi Weekly for 60 months with $1000 down and $1500 customer inventive applied. Includes freight and fees, HST extra. All in Finance is bi weekly for 84 months with $0 down and $1500 customer incentive applied.Includes freight and fees, HST extra. Rav4 FWD LE: All in price includes freight and fees, HST extra. All in lease is bi Weekly for 60 months with $2600 down and $1000 customer incentive applied. Included freight and fees, HST extra. All in Finance is bi Weekly for 84 months with $0 down and $1000 customer incentive applied. Includes freight and fees, HST extra.

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OUR BEST CLEAROUT CASH OFFERS ON ALL **2016** **ROGUE®** MODELS

SL AWD Premium model shown^

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$2,000

BONUS CASH**

ON EVERY 2016 ROGUE

LEASE‡ FROM $254 MONTHLY WITH $0 DOWN

THAT'S LIKE PAYING ONLY **$59***/WK AT **0.99%** APR

ON 2016 ROGUE S FWD FOR 60 MONTHS

OR FINANCE† SELECT

ALTIMA®, SENTRA®, VERSA NOTE®

MODELS WITH

RATES AS LOW AS **0%** APR FOR UP TO **84** MONTHS

ALREADY DRIVING A NISSAN? OUR LOYALTY PROGRAM HAS GREAT OFFERS!

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Offers available from August 3-31, 2016. *Payments cannot be made on a weekly basis, for advertising purposes only. †Representative finance offer based on a new 2016 Sentra 1.8 S M6 (C4LG56 AA00)/Altima 2.5 (T4LG16 AA00)/Versa Note 1.6 S M5 (B5RG56 AA00). Selling price is $16,529/$25,879/$16,229 financed at 0%/0%/0% APR equals 84/84/84 monthly payments of $197/$308/$193 monthly for an 84/84/84 month term. $0/$0/$0 down payment required. Cost of borrowing is $0/$0/$0 for a total obligation of $16,529/$25,879/$16,229. $1,000/$0/$0 Finance Cash included in advertised offers. ‡Representative monthly lease offer based on a new 2016 Rogue S FWD (Y6RG16 AA00). 0.99% lease APR for a 60 month term equals monthly payments of $254 with $0 down payment, and $0 security deposit. First monthly payment, down payment and $0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $15,267. $2,000 Lease Cash included in advertised offer on Rogue S FWD (Y6RG16 AA00). **Bonus Cash discount of $2,000 will be deducted from the negotiated selling price before taxes and is applicable to customers who lease, finance or purchase any 2016 Rogue. Certain conditions apply. ^Models shown $37,474/$24,329/$29,679/$21,479 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Sentra 1.8 SL CVT (C4SG16 AA00)/2016 Altima 2.5 SR (T4NG16 AA00)/ 2016 Versa Note 1.6 SL CVT (B5TG16 AE00). *-^Freight and PDE charges ($1,795/$1,600/$1,750/$1,600) air-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.

‘Race of Champions’ heads to Manitoba

LAKE WINNIPEG

Winter sport driving coming to Canada

Previously only offered in Sweden, the AMG Winter Sporting Driving Academy is heading to Canada. Enthusiasts will be able to experience a selection of AMG models on the icy surface of Lake Winnipeg in Gimli, Man. During the program, Lake Winnipeg will be transformed into what AMG calls an “uncompromising, frozen terrain where adrenaline-charged curves and apexes modelled from world-famous racetracks will be recreated in milled ice.” Participants will gain valuable experience with controlled driving safety and dynamics that will culminate in a “Race of Champions.” JASON SIU/AUTOGUIDE.COM

SELF-DRIVING

Tesla may go fully auto

The next-generation Tesla Autopilot will receive upgrades in the hardware department. According to a report, Tesla Autopilot 2.0 will feature new hardware that includes a new sensor suite to enable level 3 autonomous driving, and potentially level 4 fully autonomous driving.

JASON SIU/AUTOGUIDE.COM

DEPRECIATION

Colour boosts car’s resale value: Study

When it comes to a car’s resale value, brighter and more unusual shades like orange and yellow actually hold their value better, a new study says. And before you think that’s because orange and yellow are typically reserved for luxury and exotic vehicles, the two shades had the least depreciation across virtually all body styles and market segments.

JASON SIU/AUTOGUIDE.COM

DESIGN FISKER GETS A REFRESH, NEW NAME

Fisker Karma reborn as Karma Revero

The new Revero from Karma Automotive, formerly known as Fisker Automotive, has been fully revealed. While it is being touted as a new car, the Revero is in reality a refreshed version of the Fisker Karma, launched back in 2011. Karma Automotive was created from the ashes of bankrupt Fisker when the company was sold to China’s Wanxiang Group. Updates to the car include an improved solar roof for collecting energy, an all-new infotainment system and a set of handpainted badges. Karma didn’t reveal all of the details, though a count down on its website suggests that the car will be fully unveiled on Sept. 8. STEPHEN ELMER/AUTOGUIDE.COM

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible rate/incentive Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Unfit Program or the Commercial Fleet Incentive Program ("Commercial Fleet Pricing") is available from July 1, 2016 to September 30, 2016 (the "Program Period") on the purchase or lease of most new 2016/2017 Ford vehicles (excluding all chassis cab, stripped chassis, and cutaway body models, F-150 Raptor, F-650/F-750, Mustang Shelby® GT350/GT350R, Ford GT, and Focus RS). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any Unifor/CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CHP, Daily Rental Allowance and A/X/Z/D/F-Plan programs. "Until September 30, 2016, lease a new 2017 Escape SE AWD 201A for up to 60 months and get 2.49% APR on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease 2017 Escape SE AWD 201A with a value of $28,605 (after $1,995 down payment or equivalent trade in and Employee Price Discount of $2,539 deducted and including freight and air tax charges of $1,790) at 2.49% APR for up to 60 months with an optional buyout of $12,261, monthly payment as $316 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $145.70), total lease obligation is $20,995, interest cost of leasing is $2,546 or 2.49% APR. Taxes payable on full amount of purchase price after Employee Price adjustment has been deducted. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 80,000 km for 60 months applies. Excess kilometrage charges are 12¢ per km, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. **See lease offer legal marked with † symbol for monthly and bi-weekly payment lease offer details. Comparison payments are for reference purposes only and are calculated as follows: the monthly payment is annualized (multiplied by 12) and then divided by the comparison period (26 for bi-weekly, 52 for weekly and 365 for daily). For example ($299 x 12) / 26 bi-weekly periods = $138, /52 weeks = $68, /365 days = $9.83. ‡Features/functionality vary by vehicle/model. Don't drive while distracted. Use voice-operated systems when possible; don't use handheld devices while driving. Some features may be locked out while the vehicle is in motion. Not all features are compatible with all phones. Message and data rates may apply. Optional Navigation system map updates cannot be received via wi-fi and require a separate update. ^SYNC Connect is an optional feature on select 2017 MY vehicles and includes SYNC Connect service, for 5 years from the vehicle sale date as recorded by the dealer, through use of FordPass on select smartphones. Subscription fees apply after 5 years. FordPass is available to download via the App Store® or Google Play™. Message and data rates may apply. Service may be limited by mobile phone network coverage area. FordPass Terms and Privacy Policy apply. To learn more about where FordPass can take you, visit www.fordpass.ca. *Driver-assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. ^Offer only valid from July 1, 2016 to September 30, 2016 (the "Offer Period"), to resident Canadians with an eligible Costco membership on or before June 30, 2016. Receive $1,000 towards the purchase or lease of a new and available 2016/2017 Ford model (excluding Fiesta, Focus, C-MAX, 50th Anniversary Edition Mustang, Shelby® GT350/GT350R Mustang, Ford GT, F-150 Regular Cab XL 4x2, F-150 Raptor and Medium Trucks) (each an "Eligible Vehicle"). Limit one (1) offer per eligible Costco member per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before CAD $1,000 offer is deducted. ® Registered trademark of Price Costco International, Inc. used under license. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

2016 The Honda Model CLEAROUT

HURRY IN, THEY ARE GOING FAST!

MODEL RM3H3GE1

2016
CR-V LX FROM
$72 @ 1.99% APR
WEEKLY LEASE FOR 60 MONTHS[Ω].
$0 SECURITY DEPOSIT
$0 DOWN PAYMENT/OAC

PLUS GET A
$1,500^
BONUS ON ALL 2016 CR-V MODELS.

2016
CIVIC LX FROM
NEW LOWER PAYMENT
$55 @ 2.99% APR
WEEKLY LEASE FOR 60 MONTHS[Ω].
$0 SECURITY DEPOSIT
$0 DOWN PAYMENT/OAC

MODEL FC2E5GE

2016 NORTH AMERICAN CAR OF THE YEAR

MODEL CR2E3GE

MODEL RU5G3GEX

2016
ACCORD LX FROM
$72 @ 2.99% APR
WEEKLY LEASE FOR 60 MONTHS[Ω].
$0 SECURITY DEPOSIT
$0 DOWN PAYMENT/OAC

2016
HR-V LX FROM
$68 @ 4.99% APR
WEEKLY LEASE FOR 60 MONTHS[Ω].
$0 SECURITY DEPOSIT
$0 DOWN PAYMENT/OAC

HondaOntario.com
Ontario Honda Dealers

YOU COULD WIN YOUR WINTER TIRES EVERY WEEK!

Purchase, lease or finance any new 2016 Honda model with a set of 4 winter tires before September 30th, and each week you'll get a chance to win your tires.* Each week you don't win, you'll be automatically entered into the next weekly draw – so the sooner you buy, the more chances you have to win!

HONDA

LEASE PAYMENTS INCLUDE FREIGHT AND PDI. EXCLUDES LICENCE AND HST. DEALER ORDER/TRADE MAY BE NECESSARY.

*No purchase necessary. Closes September 30, 2016 (10:00 p.m. ET). Open to Ontario residents (18+). Enter when you purchase, lease or finance a new and unused 2016 Honda model along with an eligible set of four (4) new winter tires from an Ontario Honda Dealer by September 30, 2016. Total of 30 prizes (3 per week) available – each consisting of a cheque in the amount of the selling price (inclusive of applicable fees and taxes) of the winter tire portion of the eligible purchase. Example: if the confirmed winner purchased, leased or financed a 2016 Civic LX Sedan 5MT with a set of four (4) new Michelin winter tires (model: X-Ice 215/55R16 part #: MO7726) then his/her Prize will consist of a cheque payable in the amount of $891.26 (calculated as $694.52 [$173.63 per tire] plus tax [$90.29]; $14.20 Ontario Tire Stewardship recycling fee plus tax [$1.85]; and $80 installation plus tax [$10.40]). Excludes rims, installation and storage costs. Skill-testing question required. Non-winning eligible entries automatically carry forward to subsequent draws. Odds depend on number of eligible entries. Full rules (including no purchase entry details) at www.honda.ca/special-offers/ontario/WINTER-TIRES-CONTEST. Limited time lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payments include freight and PDI (ranges from $1,595 to $1,725 depending on model), EHF tires & filters ($18.75), A/C charge ($100), and OMVIC fee ($10). Taxes, licence, insurance and registration are extra. ΩRepresentative weekly lease example: 2016 CR-V LX 2WD (Model RM3H3GE1) // 2016 Accord LX Sedan 6MT (Model CR2E3GE) // 2016 Civic LX Sedan 6MT (Model FC2E5GE) // 2016 HR-V LX 2WD 6MT (Model RU5G3GEX) on a 60-month term with 260 weekly payments at 1.99% // 2.99% // 2.99% // 4.99% lease APR. Weekly payment is $71.63 // $71.70 // $54.39 // $67.64 with $0 down or equivalent trade-in and $655 // $465 // $1,075 // $590 total lease incentive included. Down payments, $0 security deposit and first weekly payments due at lease inception. Total lease obligation is $18,623.52 // $18,642.14 // $14,142.18 // $17,587.25. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. PPSA lien registration fee of $45.93 and lien registering agent's fee of $5.65, due at time of delivery are not included. ^$1,500 Bonus offer will be deducted from the negotiated price after taxes, can be combined with advertised lease and finance rates, and applies to retail customer agreements for new 2016 Honda CR-V models concluded between August 3rd, 2016 and August 31st, 2016 at participating Ontario Honda Dealers. For all offers: licence, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at participating Ontario Honda Dealers. Dealer may lease for less. Dealer order/trade may be necessary. Colour availability may vary by dealer. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details.

I need a pro

I'll hire a financial planner

ISTOCK

Sean Deasy

Life is busy enough. Some of us simply don't have the time or inclination to properly plan and manage the larger financial facets of our lives. If that's the case, you may benefit from an objective approach to some really big decisions. Cue the introduction to a financial expert: a pro that can help ensure you stay focused to realize all your financial objectives.

A financial planner can help set financial and personal goals. They start by comprehensively assessing your current financial health — examining income, assets, liabilities, taxes, investments and so on. They can then develop a realistic plan to identify opportunities, leverage your strengths and help you meet your goals.

An expert can offer guidance on a wide variety of concerns — many of which are triggered by life's many stages. These could include managing your inheritance; helping to prepare the transition from being single to married (to divorced); planning for birth or adoption; organizing a funding plan for your children's education; or developing a succession plan for your family business. Every life stage has a financial implication.

Who are these pros? They're not just anyone. Financial professionals must be certified: they've successfully completed a comprehensive examination process that tests their ability to integrate and properly apply financial planning knowledge. They must adhere to a code of ethics and additional requirements, which include providing financial planning services as a fiduciary — always acting in their client's best interest.

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ISTOCK

I'm the pro

I'll manage my own money

Sean Deasy

There's no one like you to tackle this job. You have the time, the inclination and (you believe) the expertise to map out and manage the key financial aspects in your life. You're intent on acting as your own advisor, with the goal of realizing your full financial potential.

First, do a little self-assessment and determine if this really is the job for you. Do you enjoy reading about investments and financial news? Do you currently have time to track and manage any investments you might make? Do you prefer to be the only person in complete control of your finances? If you've answered "yes" to these, you're likely in the correct mindset for the job.

However, if your passion for finance is not that strong, you may wish to re-evaluate. Sure, we're all interested in a good return on our savings and a sufficient nest egg for retirement. But being your own financial counsel requires an investment in time and an adherence to detail with a potentially steep learning curve. If you're somewhat intimidated by money and its intricacies, proceed cautiously.

Do a little self-assessment and determine if this really is the job for you.

Before becoming your own financial advisor, determine what's important in your life. These decisions will help build a more comprehensive plan. Assess your financial health to see if tweaks are needed. How's your income and debt load? And, most importantly, what are your actual goals?

If you're ready to explore investing, mutual funds — typically bonds and stocks that are selected and managed by a professional on your behalf — are a great place to start. Your path, from now on, hinges on the term "due diligence."

Conditions apply.
Offer ends Sept 2, 2016.

*Model Number: UN40J5200. Samsung is a registered trademark of Samsung Electronics Co., Ltd., used with permission. Screen image simulated. Product may not be exactly as shown. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

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Mercedes van right size for the city

The 2016 Mercedes-Benz Metris Cargo Van is perfect for moving day.
JIL MCINTOSH/FOR TORSTAR NEWS SERVICE

CARGO

Metris built for hauling in urban areas

Sami Haj-Assaad
AutoGuide.com

Big jobs aren't the exclusive property of big trucks. In fact, as I needed to make a move from suburbia to the city, I learned that the traditional, large truck just wouldn't be the most convenient or practical choice.

If I had to do it all again, I'd use something like the Mercedes-Benz Metris, a multipurpose van that is large enough to be extremely practical, while being small enough be easy to drive and park in a tight city. Piloting a cargo variant of the Metris for a move downtown taught me that size isn't everything.

The second model offered in Mercedes' van lineup, the Metris is easily described as being the little sibling of the Sprinter.

The Sprinter is like a heavy duty truck, while the Metris is about the size of a Toyota Tacoma. Actually, the Metris is a bit shorter than the Taco, making it a far more accommodating ride around town.

In terms of height, the cargo Metris measures in at 1.91 metres tall without the roof rails. This van should make it through most parking structures without scraping the roof. The width of the Metris including mirrors is 2.24 metres, which is surprisingly wide — more than 25 centimetres wider than a small pickup.

The small, boxy shape has a friendly feel to it, and climbing into it is easy, rather than cumbersome.

Inside, you're greeted with a somewhat familiar Mercedes layout. The steering wheel and gauge cluster feel plucked right out of the brand's affordable CLA or GLA vehicles. Similarly, the truck uses the same fragile-feeling column-mounted shifter for gear selection in place of where the wiper stalk is normally found on most cars.

The central console is basic and is unfortunately laden with dummy buttons. There are a few cubby holes surrounding the main display and the materials around the cabin are hard and uncomfortable, if not rugged. Sadly, the cloth seats are basic and don't offer much support and long trips in the car left me a bit numb.

Loading the van up is a breeze. The sliding door on the passenger side isn't too heavy and satisfyingly locks into place. The rear doors swing open and can be unhinged and locked to the side of the van with magnets, so there's no awkward navigating around the doors.

This feature was easy to use and very useful. Putting the doors in place, I loaded up the small van with mattresses, futons, box springs and whatever big awkward items you can imagine when moving someone.

The van swallowed it up so effortlessly that I didn't need my 1989 Tetris Gamer's Guide to stack up and match up items perfectly.

Driving the van around wasn't a mental chore like it is in bigger trucks. Steering was well weighted and communicative, and the throttle was surprisingly responsive. On paper, the power seems a bit low for a work truck, but in practice, the turbocharged engine had plenty of grunt to get the van going.

The transmission is not perfect, but the fuel economy is hard to argue with, although potential buyers should be warned, as the Metris prefers premium fuel.

Moving is stressful enough, let alone doing it in a high-density city environment. The Metris proved to be right sized for such a place.

Driving the van wasn't a mental chore like it is in bigger trucks. Steering was well weighted and communicative, and the throttle was surprisingly responsive.

STATS

Engine: 2.0L turbo four-cylinder
Power: 208 hp and 35.7 kg-m of torque
Transmission: Seven-speed dual clutch automatic
Fuel Economy (L/100 km): 10.8 city, 9.5 highway, 10.2 combined
Price: Starts at $33,900 not including delivery charges

SUMMER CLEAROUT SALES EVENT

0%† FINANCING UP TO 84 MONTHS | UP TO $14,000◊ IN TOTAL DISCOUNTS

ANY MAKE, ANY MODEL **$1,500**¤ LEASE PULL AHEAD CASH
IN A CURRENT LEASE? GET $1,500 PULL AHEAD CASH ON ANY MAKE, ANY MODEL

HURRY IN. THESE OFFERS WON'T LAST LONG!

Starting From Price for 2016 Dodge Grand Caravan Crew shown: $29,985♪

2016 DODGE GRAND CARAVAN CANADA VALUE PACKAGE
CANADA'S BEST-SELLING MINIVAN FOR MORE THAN 32 YEARS

LEASE FOR **$255** MONTHLY‡ @ **2.99%** FOR 36 MONTHS WITH $2,958 DOWN/ $500 SECURITY DEPOSIT

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STEP UP TO THE 2016 ULTIMATE FAMILY PACKAGE AND GET **$10,350** IN TOTAL DISCOUNTS€

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FINANCE FOR ONLY **$124** BI-WEEKLY† @ **0%** FOR 84 MONTHS WITH $0 DOWN

STEP UP TO THE 2016 ULTIMATE FAMILY PACKAGE AND GET $4,200 IN TOTAL DISCOUNTS€

- Navigation and sound group
- Uconnect* hands free
- Rear seat DVD

Starting From Price for 2016 Dodge Journey Crossroad shown: $32,140♪

Starting From Price for 2016 Jeep Cherokee Trailhawk shown: $35,590♪

2016 JEEP CHEROKEE SPORT FWD – BEST-IN-CLASS CAPABILITY‡

LEASE FOR **$285** MONTHLY* @ **0%** FOR 39 MONTHS WITH $3,498 DOWN/ $500 SECURITY DEPOSIT

OR CHOOSE **0%** FINANCING† FOR 84 MONTHS ON MOST MODELS AND GET **$1,000 JEEP LOYALTY CASH*** ON MOST MODELS

2016 RAM 1500 QUAD CAB SXT 4X4

LEASE FOR **$225** MONTHLY* @ **5.49%** FOR 24 MONTHS WITH $3,298 DOWN/$500 SECURITY DEPOSIT

INCLUDES $12,000 IN TOTAL DISCOUNTS◊

OR CHOOSE GREAT OFFERS ON THE RAM 2500/3500 HEAVY DUTY GET TOTAL DISCOUNTS UP TO **$14,000**◊

Starting From Price for 2016 Ram 1500 Sport with Performance Hood shown: $42,135♪

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Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

CHRYSLER DODGE Jeep RAM

SiriusXM DODGE CARAVAN KIDS PROUD SPONSOR OF MINOR HOCKEY ACROSS CANADA

Wise customers read the fine print: †, ◊, ¤, ‡, €, ❖, ■, ➤, *, ∽, § The Summer Clearout Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after August 1, 2016. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,795), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for up to 84 months available on select new 2016 models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2016 Dodge Journey Canada Value Package (22F) with a Purchase Price of $22,560 with a $0 down payment, financed at 0% for 84 months equals 182 bi-weekly payments of $124 with a cost of borrowing of $0 and a total obligation of $22,560. ◊$14,000 in Total Discounts is available on select new 2016 Ram HD 2500/3500 models and consists of $12,500 in Consumer Cash Discounts and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. $12,000 in Total Discounts is available on new 2016 Ram 1500 models (excluding Reg Cab) and consists of $10,500 in Total Incentives and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. ¤Lease Loyalty/Conquest Pull-Ahead Bonus Cash is available to eligible customers on the retail purchase or lease of select 2016 Chrysler, Dodge, Jeep, Ram or FIAT models at participating retailers. LIMITED TIME OFFER. Eligible customers are individuals who are currently leasing a Chrysler, Dodge, Jeep, Ram, FIAT, or competitive vehicle with an eligible lease contract in their name on or before August 1, 2016. Proof of Registration and/or Lease agreement will be required. Trade-in not required. Not combinable with Finance Pull-Ahead Bonus Cash and 1% Rate Reduction. See your retailer for complete details. ‡2.99% lease financing for up to 36 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Dodge Grand Caravan Canada Value Package (29E) with a Purchase Price of $18,947 leased at 2.99% for 36 months with a $500 security deposit, $2,958 down payment and first month's payment due at lease inception equals 36 monthly payments of $255 with a cost of borrowing of $1,338.85 (including $60.25 PPSA registration) and a total obligation of $12,202.70. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. €$10,350 in Package Value available on the new 2016 Dodge Grand Caravan SXT Ultimate Family Package model based on the following: $7,000 Consumer Cash Discount, $850 No Charge Uconnect Hands-Free Group and $2,500 Ultimate Family Package Savings. $4,200 in Package Value available on the new 2016 Dodge Journey SXT Ultimate Family Package model based on the following options: $500 Consumer Cash, $2,500 DVD Bonus Cash and No-Cost Options of $1,200. See your retailer for complete details. ❖0% lease financing for up to 39 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Jeep Cherokee Sport FWD (24A) with a Purchase Price of $23,587 leased at 0% for 39 months with a $500 security deposit, $3,498 down payment and first month's payment due at lease inception equals 39 monthly payments of $285 with a cost of borrowing of $0 and a total obligation of $14,675.65. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. ■Jeep Loyalty/Conquest Bonus Cash up to $1,000 is available on the retail purchase/lease of 2016 Jeep Compass (excludes base 26D, 26D, 25D & 28D models), Patriot (excludes base 26D, 26D, 25D & 28D models), Cherokee (excludes all Sport models), Renegade or Grand Cherokee and is deducted from the negotiated price after taxes. Eligible customers include: Current owners/lessees of a Jeep or any other manufacturer's CUV or SUV. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before August 1, 2016. Proof of ownership/lease agreement will be required. Limit one bonus cash offer up to $1,000 per eligible transaction. Some conditions apply. See your retailer for complete details. ➤5.49% lease financing for up to 24 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Ram 1500 Quad Cab SXT 4x4 (25A) with a Purchase Price of $24,950 leased at 5.49% for 24 months with a $500 security deposit, $3,298 down payment and first month's payment due at lease inception equals 24 monthly payments of $225 with a cost of borrowing of $2,568.75 (including $60.25 PPSA registration) and a total obligation of $8,757. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. *Consumer Cash/Jeep Cash Discounts are deducted from the negotiated price before taxes. ∽Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2016 models. Financing examples: Purchase Price of $30,000 with a $1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $189/$202 with a cost of borrowing of $5,418.76/$7,753.86 and a total finance obligation of $34,418.76/$36,753.86. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ♪Based on 2014 WardsAuto Middle Cross Utility segmentation. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data as of July 1st, 2015 for Crossover Segments as defined by FCA Canada Inc. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. **The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

How gaming makes driving more fun

TRENDS

From awarding efficiency to creating concept cars

Sami Haj-Assaad
AutoGuide.com

The Nissan Concept 2020 Vision Gran Turismo. Automakers creating concept vehicles for the video game is just one way gaming is influencing cars. AZUHIRO NOGIKAZUHIRO NOGI/AFP/GETTY IMAGES

Imagine if cars were just made for transportation duties. All we would see on the roads are boring boxes on wheels. Fortunately, that's not the world we live in, and car designers have made sure that our cars are fun.

That fun can be found in the exterior appearance, the performance and the handling, but automakers are also putting in little games into cars to help lighten up the load of driving and make it more entertaining. Not only that, but cars are getting video game-inspired tweaks that help the vehicles appeal to a wider audience: one that grew up with a gamepad in their hands.

For example, the Nissan GT-R's central display screen features graphics and visuals designed by the same team behind the popular Gran Turismo games for Playstation. Here's a look at what some other companies are doing:

Veloster Blue Max game

Many cars are using games to encourage drivers to be more fuel efficient. Hyundai and the earlier iteration of the Veloster had one of the more interesting applications, as there's a hidden game in the settings that awards points to efficient drivers. Actions like coasting, changing into the correct gear at the right time, and accelerating and braking smoothly would all net points.

Mustang line lock and track apps

Gamers can probably all admit to trying a few radical things in racing games, like say, meaty burnouts. But doing stuff like that in the real world isn't as easy as it looks in the games. Fortunately, new cars are coming with tools to help make you look like a video game action hero. Take the new Mustang with the performance package and track apps, for example. Thanks to an easy-to-use, video game-like interface for the electronic line-lock function, you can easily learn how to safely do burnouts without reading an entire owner's manual. Of course, this feature is better suited for the track.

Corvette performance data recorder

A cool feature in racing games is the ability to record your lap times and compete against them. Corvettes are starting to incorporate some of that idea with the available Performance DataRecorder, or PDR. In simple terms, it's an integrated GoPro camera that can overlay info like your throttle position, g-forces, steering angle, location on the track and your speed on the video footage.

Chevrolet Volt balance ball

The Chevrolet Volt is an extended range electric vehicle. In simpler terms, it's a plug-in hybrid vehicle with a beefy electric battery and a gas-powered engine that kicks in once the battery is depleted. The biggest goal of cars like this is to maximize range, and Chevrolet's dashboard game helps coach drivers to be more energy efficient. It works by displaying a ball on the digital gauge cluster. If you accelerate too quickly or brake too suddenly, the ball moves up or down. The goal is to keep it perfectly centered for as long as you can. Achieve that, and you'll maximize your range!

Vision Gran Turismo

If you need any more proof that the world of cars and video games are converging, take a look at the Vision Gran Turismo program. Automakers are creating awesome concepts for the Gran Turismo video game, then making them into real things to display at auto shows and other events. Some automakers are even using the Vision GT concepts to influence their real cars. This is the path Bugatti took with the new Chiron hypercar, and Aston Martin's latest hyper car, the AM-RB 1000 is very much like the Aston Martin DP-100 Vision GT concept for Gran Turismo.

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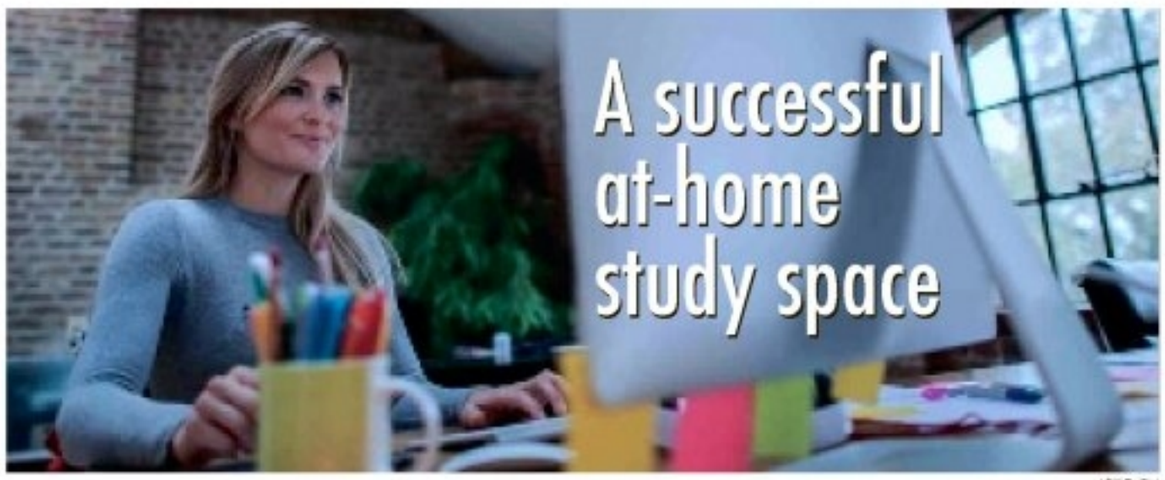
CONTINUING EDUCATION

A successful at-home study space



ISTOCK

Pursuing a degree in one's pyjamas sounds like a dream to many — but for countless students taking on studies from the comfort of home, the distractions of daily living often threaten to wreak havoc on retention and resilience.

Susan Korba, director of student academic success services at Queen's University, suggests that when designing your academic nook, setting your space apart from your sleeping quarters is crucial for success.

"Seek out a place in your home that feels distinct from the areas you feel most comfortable," says Korba. "Have the appropriate tools available and ready there, so that what you're focusing on doesn't bleed into other tasks."

As for where in the house to opt for your office, Korba suggests an area that benefits from nearby sunbeams.

"A source of natural light is helpful," says Korba. "Not everyone has that luxury, but even if the sun is reflected off a mirror it can help to keep the brain more alert."

"Playing music within the space has also proven to be helpful as long as it isn't competing for your attention," Korba continues. "Lyrics can be distracting so often orchestral music or even ambient noise can help to keep focus."

When University of Guelph student Courtney-Anne Craft opted to take additional courses from her new home in Toronto, she found the presence of her partner to be both rewarding and a challenge.

"Having someone going about their day or chilled out evening routine in front of me while I attempted to get work done was an ultimate distraction," says Craft. "I decided to try to adjust my schedule to times that I was alone in the house."

Having made that switch, Craft took it upon herself to add greater structure to her study routine, which she says benefited both her relationship and her schoolwork.

"I treated my distance learning like a job," says Craft. "I didn't resent my time spent learning because I scheduled out the time to relax. I was diligent through the week so that my weekends were entirely for me."

And what better way to enhance a strict study routine than with the ultimate in at-home accessories?

"Invest in a clock," says Donna Matta, professor of interior design at Seneca College. "The student can then study within a framework — such as, 'I'm going to stay here for the next hour, and then give myself a 15-minute break.'"

"It's also great to have something visual on your desk or on the wall that motivates you," adds Matta.

"Maybe a photo of an upcoming vacation spot or of a car you're working toward. This will give you an extra push to stay focused."

And while it's important that a student's study nook is one they're happy to return to, Korba adds that the academic should be sure to leave the area once in a while.

"It's been suggested that forcing the brain to make multiple associations with the same material has helped with retaining it," says Korba. "So remember to venture out every so often — try a coffee shop or the library to revisit a concept you've already studied at home."

Learn the skills employers value most

Starting this September, those looking to supplement their university or college education with a focus on business or management will be able to do so through a new post-graduate certificate in business administration offered by at York University's School of Continuing Studies.

"This certificate program is the perfect way for someone to learn fundamental business administration skills and combine it with work experience," says Maurizio Bevilacqua, mayor of Vaughan, and former MP and Minister of State for Finance, who serves as an advisory council member for the program. "It is great for professionals who are new or are aspiring to be in a management role and would like to learn core business functions."

Offered in part-time, full-time, in-class, or online options, the program can be completed in as little as seven months if taken full-time or just 16 months through the part-time delivery. It includes, but is not limited to, courses in marketing, organizational behaviour, project management, accounting and financial analysis, which will culminate into a capstone research project.

It is, however, the program's focus on helping students to develop the competencies top employers value most — including emotional intelligence, problem solving, verbal communications, business acumen, critical thinking, and project management — that Bevilacqua says makes it stand apart from other similar offerings.

Maurizio Bevilacqua
CONTRIBUTED

"The School of Continuing Studies strives to have graduates walk away from their studies with the technical knowledge required for specific jobs and soft skills to complement that knowledge," he says. "The goal is to help students get hired and promoted by teaching the depth of related skills and expertise in their field, along with the ability to collaborate with experts in other areas."

The school will be kept abreast on the latest in-demand competencies through its advisory board, which is made up of professionals who work in the public and private sectors. The board will also help to ensure program content remains relevant through its professional expertise.

"Instructors and advisory council members have real-world experience," says Bevilacqua. "So, the school gets updated based on our feedback to ensure it delivers the content and knowledge that employers need."

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A tasting menu of the world of marketing

Stacy Beach sees a wide range of students make their way through the marketing research course she teaches in George Brown College's marketing certificate program. It is this diversity, she says, that allows her and other faculty members to help students discover the benefits of peer learning, while gaining a practical education.

"I have students who are out of high school and attending the program while working, I have a lot of people who recently immigrated here and have had marketing experience in their native countries who want to learn about the Canadian context, and also people who are in a field like sales and want to switch careers," says Beach, who has been teaching in the continuing education program since 2013.

"That adds up to a lot of unique perspectives, which students have the opportunity to share during interactions that turn into discussions that help them to grasp concepts even better."

The program serves as an introduction to marketing for beginners, while also offering a more rounded view of marketing for those employed in the field. It consists of six courses and covers areas such as introductory marketing, advertising and communications, digital marketing, marketing research and strategy, and professional selling.

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"It is really a tasting menu for folks so they can join a company and understand the marketing world, while giving them an idea of the different areas they may want to focus on in the future," says Beach.

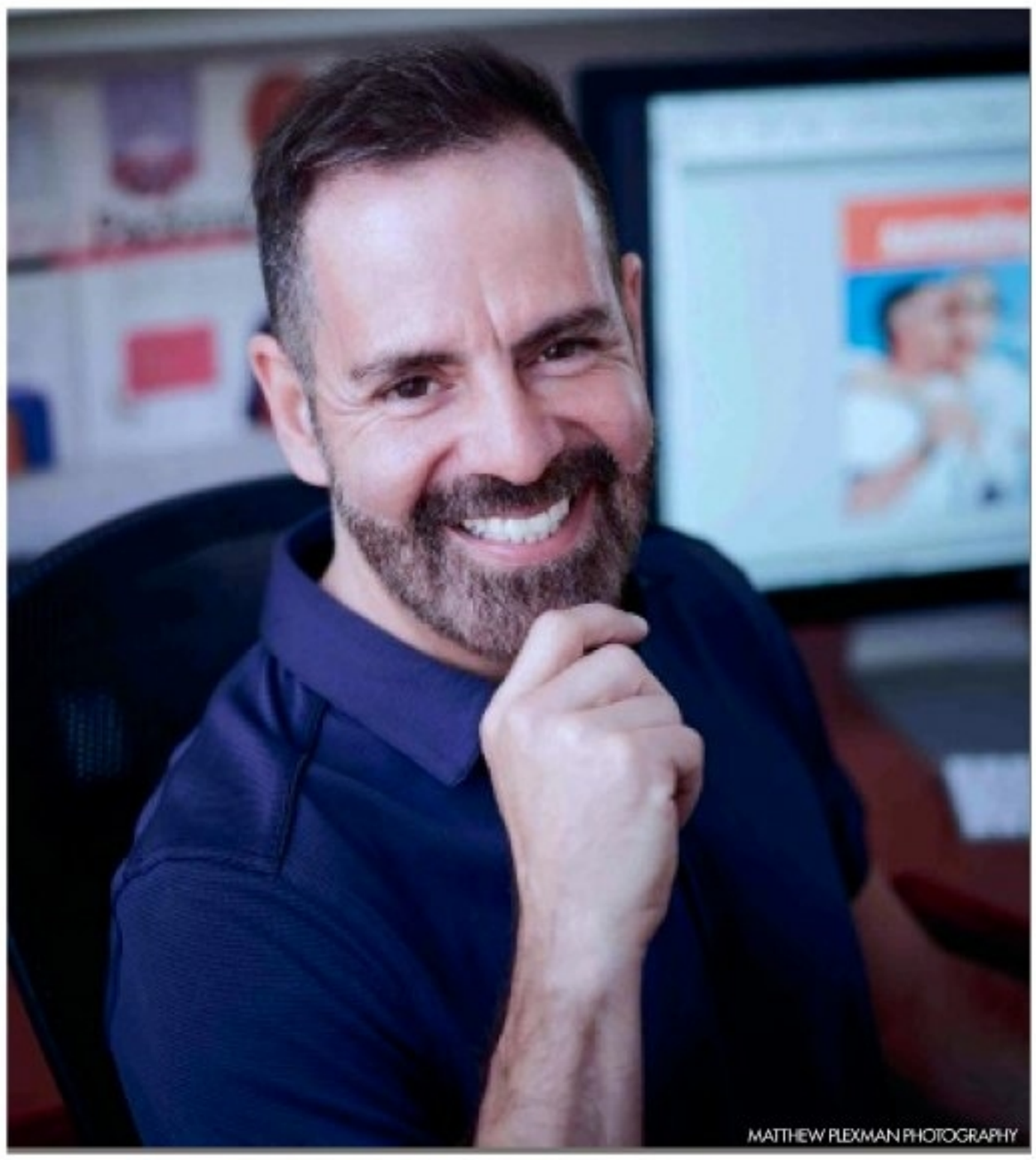
Beach says that giving students opportunities to incorporate their personal experiences into their learning and seeing the impact it has was new to her coming from a traditional lecture perspective.

"George Brown is really good at giving its instructors training to help us identify the various ways students learn and manage the needs of different students," she says. "With peer learning, people who may have immigrated here recently get a perspective on the Canadian workforce from those who have experienced it and those who are from here gain a global perspective. It also provides an opportunity for networking."

In addition to peer interaction, the program makes use of case studies, guest speakers, assignments and projects.

New. This fall.

Starting this September, marketing certificate students will have the opportunity to choose whether they want to complete their Introduction to marketing course online or in person. Instructor Stacy Beach says the option is just one example of George Brown's commitment to offering flexibility to adult learners.



MATTHEW PLEXMAN PHOTOGRAPHY

Venezuelan art director lands his first Canadian job midway through studies

As a graphic designer who served as the art director in major advertising agencies in Venezuela, Sergio Jaua always worked closely with marketing departments. He didn't have a formal education in marketing, but with all his experience considered himself a strategic and marketing-focused designer. After immigrating to Canada in 2011, however, he discovered that his foreign creative experience wasn't as easily valued in such a different market.

To round out his skills as a creative and strategic-minded designer, network in his field and validate his experience by adding Canadian studies to his profile, he turned to George Brown College's marketing certificate program.

"I found out that George Brown has such a special talent for finding teachers who are well-experienced professionals working in their fields and I think that is so important because marketing isn't a theory written in books, it's a constantly changing field, which evolves with each consumer behaviour, technological advance or trend," he says of his experience in the offering, which he completed at the end of 2014.

"I see the certificate as an opportunity to be involved in a marketing environment, get a well-rounded knowledge, understand latest trends and be able to use marketing tools."

The certificate, facilitated as a continuing education program, is an introductory overview of marketing for beginners that also offers a rounded view of marketing for those already in the field. It requires students to complete six courses that include topics such as advertising and communications, marketing strategy and digital marketing — the latter of which Jaua says he found especially beneficial.

"In some areas like digital marketing, which I consider the fastest evolving field in marketing lately, I wasn't updated," he says. "I got a deeper knowledge in things like, SEO, how to evaluate the right performance of a website, understanding and usage of analytics, create effective marketing email campaigns, database and social media campaigns."

Just three courses into the offering, Jaua landed his first full-time job in Canada at Sunwing Travel Group as a graphic designer in the marketing department. A short time after completing his certificate he was promoted to brand design supervisor and today oversees five designers.

"It was just too perfect that while studying the certificate I had the chance to combine the design experience and reinforce the marketing knowledge," he says. "The program gave me the confidence to know that I was prepared and ready to face the challenge."

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Stay current with constantly renewed study programs

Professional designations are more than just letters at the end of your name. They are credentials that can further your career, says the program director of business programs and partnerships at University of the Toronto's School of Continuing Studies.

"Employers are looking for people who 'step-up' and a professional designation sends a strong message about your commitment to keeping your knowledge and skills current, and can really give you a professional edge," says Lee McTavish. "Market research by the school has validated that professional designations are vital to career success. We know that almost 50 per cent of our business and professional studies learners are motivated to take continuing education that is aligned to earning a professional designation."

While the process of obtaining a professional designation varies by association, McTavish says it typically involves attending a defined education program that ensures candidates acquire the 'body of knowledge', gaining experience in the field, completing a qualifying exam and becoming a member of the professional association.

The School of Continuing Studies currently has partnering relationships with 19 professional associations and offers 120 courses that lead to more than 30 professional designations.

"Prospective learners can find information about professional designations on the school's web page," McTavish says. "It can be difficult to know what the requirements are, so we help people understand what's out there, what's required and how the school can help them get to where they want to go.

"Pursuing a designation is an investment you make in yourself. Our learners tell us it's a time commitment that pays off."

Because adult learners juggle multiple priorities, the school offers a variety of course formats. Learners can take classes on campus in the evening or on weekends, online or in an accelerated delivery that offers quicker completion through an online and classroom learning hybrid.

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"The school is committed to continuous improvement so our courses are constantly being renewed," says McTavish. "We are in touch with our partnering associations, so we know when the various 'bodies of knowledge' are being updated, and we plan and prepare so our courses are aligned with the relevant requirements."

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Lan Nguyen
Deputy Chief Information Officer
Strategic Management of Enterprise IT Instructor

Expand career options with HR course

With its emphasis on communication, decision-making and job-related skills, the human resources (HR) management Ontario college graduate certificate program from Seneca College's Faculty of Continuing Education and Training can open new careers doors — whether you are already working in the field or wish to gain entry into this professional area.

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"HR management is a diverse discipline and there are many aspects to it, including financial management, accounting and the ability to design and administer compensation plans, which require hard skills, and industrial relations and knowledge of organizational behaviour, which require soft skills — all of which the program teaches," says Keith Chapin, program coordinator of business studies in Seneca's Faculty of Continuing Education and Training.

Consisting of 10 core courses and one elective, Chapin says one of the HR management program's most important elements is a business management and organizational behaviour course, which can also be taken as a standalone.

"This course is of particular importance to HR professionals as they grapple with the issues of multi-generational and multicultural issues in a very diverse workplace," says Chapin. "It falls on the HR professional to try to work out these factors to ensure a productive workplace."

In the course, students learn basic academic concepts but Chapin says the focus is on application that includes case and business studies, as well as role-playing. And because the offering is geared toward adult learners, it also relies on the experiences of its students.

"Adult learners become a rich source of examples of situations they may experience in the workplace, which are often used in the classroom with the material they are learning," he says. "And because many of the instructors are still active in the workforce, they also offer knowledge based on current examples, which ensures relevance."

For more, visit senecacollege.ca/ce.

Helping newcomers understand the Canadian workplace

BARB HEARN

To learn the necessary communications skills to launch their careers in Canada, internationally trained professionals from places as diverse as China, Iran, Russia, Brazil, Iraq and Macedonia are turning to the Occupation-specific Language Training (OsLT) program. And after seven years of teaching in the program, instructor Corrine Mariani has seen its benefits first-hand.

"I am so passionate about this program because it really helps newcomers understand the Canadian workplace culture so that they can use the wealth of knowledge they possess from their native countries to succeed here and be happy," says Mariani, who teaches at Seneca College, one of 13 Ontario colleges to offer the OsLT program that focuses on dialogue and communication tasks commonly performed on the job in particular fields, sectors and occupations. "There have been so many success stories coming out of this program," she adds.

Covering six industry sectors (business, health sciences, human services, construction, technology and automotive trades) and more than 30 careers, the program accepts participants who are permanent residents or protected persons and have training or experience in a specific occupation or sector. It is offered at no cost thanks to funding from Immigration, Refugees and Citizenship Canada.

"My students are so thankful for this funding and so am I because I see the amazing results," says Mariani. "They not only learn skills within a Canadian context but their confidence soars as well."

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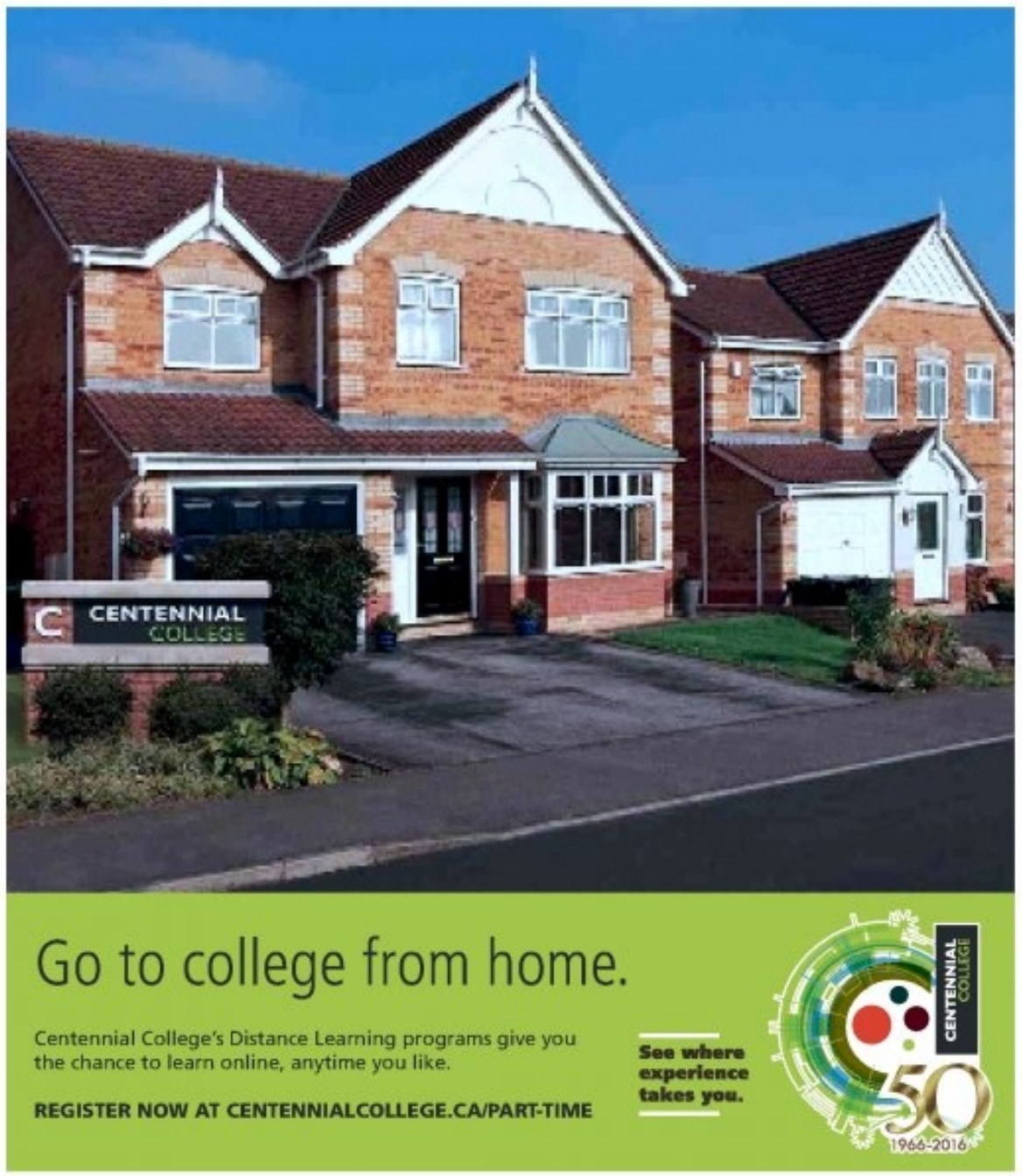
HUMBER Seneca Sheridan



Court transcription offers the option to work from home

Starting this September, those interested in the judicial system who are seeking flexible, self-employment can turn to Centennial College's court transcription course.

"We are one of the schools approved by the Ministry of the Attorney General to offer the course and one of the only public colleges in the Greater Toronto Area to offer it," says Veronique Henry, chair of the Centre for Legal and Administrative Studies in Centennial's School of Business.

Facilitated as a standalone course in 20 weeks for novices or 14 weeks for those with courtroom experience deliveries, court transcription 101 and 102 focuses on transcription procedures and techniques required to produce certified transcripts from all court jurisdictions, according to the standards set by the Ministry of the Attorney General. "This is a completely hands-on program," says Henry. "Students learn in computer labs equipped with the foot pedals they need to complete the work."

In Ontario, court transcripts are produced and certified by independent, authorized court transcriptionists, who are not

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required to be present in the courtroom during the proceedings, so those who complete the course may have the opportunity to work from home.

"Ordering parties can select a transcriptionist from a list of authorized court transcriptionists," explains Henry. "So this course is especially beneficial for those who may have taken a legal program, and had the opportunity to network with people in the courts, who may then want to order transcripts from them."

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Learn how to protect data privacy and access

Rapid technological innovation, which is creating an urgent demand for privacy professionals who can effectively navigate the complex and unpredictable landscape of privacy and access, has prompted Ryerson University's G. Raymond Chang School of Continuing Education to launch a certificate in privacy, access and information.

"We're seeing an influx of new jobs in the Canadian market that require skills and knowledge related to privacy and access — skills that learners haven't previously had specialized access to through the post-secondary education system," says the Chang School's dean, Dr. Marie Bountrogianni.

"With Ryerson's expertise in privacy and information technology, as well as the support of a program advisory council with representatives from across sectors, we were able to take a look at future needs and develop a unique program designed to create the privacy professional of the future," Bountrogianni says.

Being offered for the first time in September, the program focuses on privacy governance and regulatory frameworks, information systems and emerging technologies. Through a balance of theory and hands-on learning, students will develop in-demand "21st century skills" such as flexibility, adaptability, creative thinking and collaboration, within the privacy context, says Bountrogianni.

For more information

To learn more, attend the program's open house on Aug. 25 from 4:30 to 6:30 p.m. at Ryerson University's George Vari Engineering and Computing Centre.

Can you fit school into your busy life?

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Ryerson University
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Whether you'd like to advance your career, develop new skills, or explore new interests, join us for an illuminating panel discussion featuring Chang School alumni and learners. They'll be sharing valuable insights about their learning experiences, the value of continuing education, and how to manage work-life balance.

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That is just the beginning of the program's interactive elements, says McLaren. The program also offers an introduction to the integrated systems used by businesses of all sizes. For example, through hands-on experience using an internationally recognized Enterprise Resource Planning (ERP) system, students come to understand and practice the varied roles in accounting and business. Also incorporated throughout the program is an advanced virtual collaboration.

"It is a simulation based company that we introduce at the beginning of the program," says McLaren. "We talk to students about who they are in this company, their roles and introduce them to the players of the company. As they learn their accounting roles, they find out how to deal with the various situations they may come across and how other parts of the business work.

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– Michelle McLaren, accounting and finance program officer for the Faculty of Continuing Professional Studies at Sheridan College

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metro RIO

"How much did they charge you bro??" Irish boxer Michael Conlan tweeted at Vladimir Putin after his questionable loss to Vladimir Nikitin

1 Canadian blur — Andre De Grasse of Markham was the fastest man in qualifying for the 200 metres (20.09) on Tuesday. MARK BLINCH/COC/THE CANADIAN PRESS

2 Cushy landing — Christian Taylor of the U.S. won gold in the triple jump (17.86 metres). ANTONIN THUILLIER/AFP/GETTY IMAGES

3 Strong finish — Oakville's Adam van Koeverden won the consolation final of the men's single kayak 1,000 metres. BUDA MENDES/GETTY IMAGES

4 Clutch throws — Sandra Perkovic of Croatia escaped early elimination twice before producing last-ditch throws — the longest 69.21 metres — to win the women's discus. FRANCK FIFE/AFP/GETTY IMAGES

5 Swedes not sour — Sweden advanced to the gold-medal match in women's soccer by beating host Brazil 4-3 in a penalty shootout following a scoreless draw. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Drouin leaps atop podium

RIO2016

High jumper is the first male Canadian to win gold medal

A face slap or two and then a bounding run, a moment of spring upwards and a contortion backwards over the bar. That's how it worked Tuesday for Canada's Derek Drouin from his opening height of 2.20 metres — that's well above a standard doorframe — to 2.38.

That's where he won his second Olympic high jump medal — this time gold.

All 15 men in the final cleared the opening bar but by the fifth height, 2.36 metres, there were only six men left. Even Drouin — who is known for being calm and betraying little emotion in competition — looked thrilled to have cleared it.

When the bar jumped to 2.38 metres in the next round he knew he had a medal — it was just a question of colour — and he soared over the height, clearing it on his first attempt just as he had every other one.

Then he had to wait.

Qatar's Mutaz Essa Barshim and Ukraine's Bohdan Bondarenko both missed their first two attempts on the height.

Bondarenko, playing a game of chess as well as high jump, skipped the next jump moving the bar to 2.40. He missed leaving him with the bronze and Barshim the silver.

2.38

Drouin's winning jump, in metres

Four years ago, under a different set of bright Olympic lights, Drouin was the only Canadian to win a medal in all of athletics. This time he came as a headliner on the deepest track and field team Canada has ever had.

Even before 26-year-old from Corunna, Ont., started jumping, Canada had already doubled its London total — with bronze medals won by Brianne Theisen-Eaton in heptathlon and Andre De Grasse in the 100 metres — with several strong medal contenders still to come.

Drouin is the first male Canadian athlete at the Rio Games to win a gold medal. He joins swimmer Penny Oleksiak and trampoline gymnast Rosie MacLennan.

It seems natural, likely even, that the reigning world champion in an event would win an Olympic medal the following year but Drouin always maintained his past achievements would mean little here.

"I don't get any extra points for having done that," he said, of his gold at the 2015 Beijing world championships and bronze from the 2012 London Olympics.

"It's just show up on this day and try to be the best."

TORSTAR NEWS SERVICE

Derek Drouin won Canada's third gold medal in Rio. GETTY IMAGES

SOCCER

Canada denied upgrade of 2012 bronze

The Canadian women soccer team will look to defend the bronze it won four years ago in London after its bid to rise up the Olympic podium was derailed by Germany in a 2-0 semifinal loss Tuesday.

Goals by Melanie Behringer and Sara Daebritz on either side of halftime dashed Canadian dreams of reaching the final as the second-ranked Germans efficiently ended the Canadians' four-game win streak. Down 2-0 after 59 minutes, Canada came on in waves but was unable to make ground before a sparse crowd at Mineirao Stadium.

Once the final whistle blew, tearful Canadian players were left to console each other on the field.

"It feels like crap right now," said midfielder Jesse Fleming. "I wanted to win a gold medal. But we're going to win bronze … It sucks."

> **It feels like crap right now. I wanted to win a gold medal.**
> Jesse Fleming

The Germans defended in numbers, with goalkeeper Almuth Schult a formidable barrier, and then looked to counter-attack or just hammer the ball downfield.

The 10th-ranked Canadian women will rue the opening goal in the 21st minute, a needless penalty conceded on a Kadeisha Buchanan sliding tackle. But Buchanan, who plays a take-no-prisoners kind of game, had to cover a lot of ground just to get to the German as the Canadian defence was caught short.

The Germans will play No. 6 Sweden in Friday's final at the storied Maracana in Rio. The Swedes defeated No. 8 Brazil 4-3 on penalties after the game ended 0-0 following extra time.

Canada made history earlier in the tournament by defeating Germany for the first time after 12 consecutive losses.

THE CANADIAN PRESS

RIO Toronto Athletes to watch

WHO: Andre De Grasse, Aaron Brown
WHAT: Track and field
WHEN: Men's 200-metre semifinals start 9 p.m. Wednesday.

De Grasse and Brown both won their preliminaries Tuesday, and are hoping to advance to the final where they're likely to face off with two-time gold winner Usain Bolt.

Aaron Brown GETTY IMAGES

WHO: Nikkita Holder, Phylicia George
WHAT: Track and field
WHEN: Women's 100-metre hurdles semifinals start 8 p.m. Wednesday.

Holder, 29, from Pickering, won bronze at last year's Pan Am Games. George, 28, of Markham, reached the finals in the 2011 World Championships in Korea.

metro SPORT

Olympic silver medallist Juan Martin del Potro will return to the U.S. Open for the first time in three years after receiving a wild-card invitation

Harrison digs his heels in amid doping probe

NFL

Steeler says he won't answer questions, does not want ban

Pittsburgh Steelers linebacker James Harrison doesn't want to face a suspension. He is also not interested in talking to NFL representatives, either.

The NFL's senior vice-president of labour policy and league affairs, Adolpho Birch, sent a letter Monday to the NFL Players Association detailing a plan to indefinitely suspend Harrison, Clay Matthews, Julius Peppers and Mike Neal if they don't speak with the league by Aug. 25 as part of its investigation into an alleged link to performance-enhancing drugs.

The players' punishment would end at the discretion of Commissioner Roger Goodell once interviews are completed, according to the letter obtained by The Associated Press.

Harrison said he isn't interested. "I'm not going to answer questions for every little thing that some Tom, Dick and Harry comes up with," Harrison said. "If that's the case, somebody can come out and say that James Harrison is a pedophile. (Are) they going to suspend me and put me in an investigation for being a pedophile just because somebody said it?"

Steelers linebacker James Harrison doesn't want to be investigated solely based on what he says is hearsay. JUSTIN K. ALLER/GETTY IMAGES

> (Are) they going to suspend me and put me in an investigation for being a pedophile just because somebody said it?
> Pittsburgh linebacker James Harrison

Harrison said he doesn't want to be suspended, but he is prepared to take the situation as far as New England Patriots' quarterback Tom Brady, who fought his four-game "Deflategate" suspension for 18 months — nearly to the U.S. Supreme Court — before deciding to no longer proceed with the legal process. His suspension begins next month.

"When it comes down to it, I want to play, but it's certain rules and things they need to go through that they didn't even go through just to start an investigation," Harrison said at training camp. Harrison said in June he would only agree to an interview if it were at his home and Goodell was present. He extended his invitation again on Tuesday.

"Like I said before, " Harrison said. "Come to my house. Bring Roger with you."

Harrison said he would "lean in the direction" of speaking with the league if the Steelers suggest an interview because he doesn't want to let his teammates and the organization down. "I'll have to deal with that when the time comes," Harrison said. Steelers coach Mike Tomlin said he is staying out of it.

"This has nothing to do with us," Tomlin said. "This is between him and the (NFLPA) and the league. I assume that he is going to do what he needs to do."

Goodell's power to punish players has been an increasingly difficult issue between the NFL and the union in recent years, highlighted by the Brady case and that of Vikings running back Adrian Peterson , who fought his suspension over allegations of child abuse. THE ASSOCIATED PRESS

ORIGIN

The NFL first notified the four players on Jan. 11 about the investigation into a report by Al-Jazeera including allegations made by Charlie Sly, who worked as an intern at an anti-aging clinic, about the use of PEDs by several athletes, including the four linebackers. Sly later recanted his claims.

Retired quarterback Peyton Manning was also cited in the report, but the NFL cleared him after a separate investigation in which the Broncos star granted interviews and provided all records sought by league investigators.

MLB

Cahill returns to boost the Cubs

John Lackey's right shoulder was still sore when he arrived at Wrigley Field. Trevor Cahill then proved the Chicago Cubs have options if they need another starting pitcher.

Cahill came off the disabled list to throw five innings of two-hit ball in his first start in nearly 16 months, and the Cubs beat the Milwaukee Brewers 4-0 Tuesday in the opener of a day-night doubleheader.

"He gave us something to talk about," manager Joe Maddon said. Lackey is nursing an injury that forced him to leave Sunday's start and will be pushed back until at least Saturday. Mike Montgomery followed Cahill and pitched two innings, Hector Rondon worked the eighth and Joe Smith walked two in the ninth before Aroldis Chapman got two outs to close a three-hitter.

Cahill (2-3) also drove in a run with a safety squeeze bunt, and the Cubs added runs on a wild pitch and Addison Russell's sacrifice fly off Matt Garza (4-5). Cahill allowed two walks and struck out Manny Pina with a runner on third to end the fifth on his 84th pitch.

"He had really good stuff," Maddon said. Chicago's Jason Hammel (12-5) was to face fellow right-hander Chase Anderson (7-10) in the second game. Cahill was a 2010 All-Star before consecutive 200-inning seasons with Oakland. But the right-hander struggled in Arizona, started three games for Atlanta in April last year, moved to the bullpen and was released before signing with Chicago.

He was a reliever until going on the disabled list with right knee tendinitis. But Cahill was stretched out in a rehab assignment and had good command in his first big league appearance since July 9. THE ASSOCIATED PRESS

Trevor Cahill. GETTY IMAGES

SOCCER

Ex FIFA president Havelange passes

Joao Havelange, who as president of FIFA for two decades transformed soccer's governing body into a multibillion-dollar business and a hotbed for subsequent corruption that damaged its reputation, has died. He was 100.

Havelange, who was suffering from a respiratory infection, died early Tuesday while Rio de Janeiro was hosting the Olympic Games, according to the Samaritano Hospital.

In 2009, Havelange led off Rio's bid presentation to the International Olympic Committee in Copenhagen by inviting the members to vote to "join me in celebrating my 100th birthday"' at the 2016 Games in Brazil.

The Brazilian flag was lowered to half-staff at Olympic venues and the IOC said its "thoughts are with the family and loved ones" of Havelange. FIFA President Gianni Infantino lavished praise on Havelange, saying the "whole football community should be grateful" for his contribution. THE ASSOCIATED PRESS

IN BRIEF

Aguero stars as City rout Bucharest in CL qualifier

Sergio Aguero hit a hat trick after failing to score from two early penalties as Manchester City thrashed Steaua Bucharest 5-0 in the first leg of their Champions League playoff on Tuesday, virtually assuring a sixth straight season in the group stage.

David Silva opened the scoring in the 13th-minute opener before new signing Nolito scored his first City goal in the Romanian capital. THE ASSOCIATED PRESS

CFL

Calgary defensive pair traded to Riders

The Saskatchewan Roughriders acquired defensive backs Fred Bennett and Jeff Hecht from the Calgary Stampeders for two negotiation-list players Tuesday.

The six-foot-one, 197-pound Bennett is in his fifth CFL season. He had 166 tackles, 10 interceptions and seven forced fumbles in 73 regular-season games with Calgary.

The five-foot-nine, 205-pound Hecht, an Edmonton native, began his CFL career with Montreal in 2011 but was in his fifth season with Calgary. He accumulated 50 tackles and 37 special-team tackles in 73 regular-season contests with the Stampeders. THE CANADIAN PRESS

Fred Bennett GETTY IMAGES FILE

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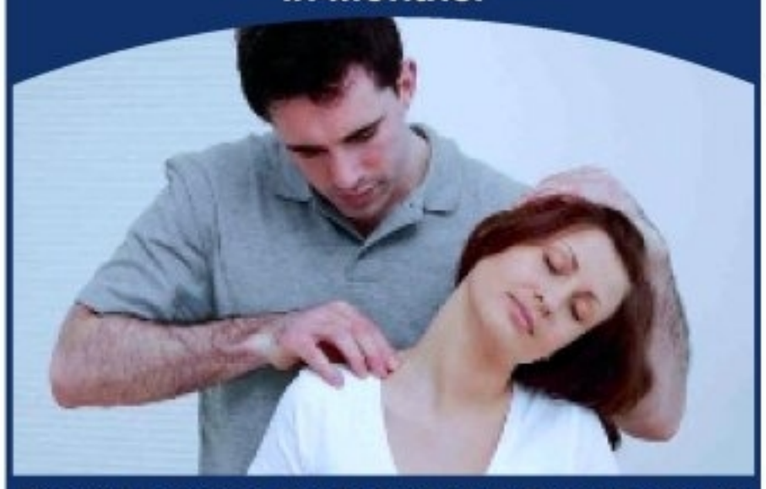

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Ceri Marsh & Laura Keogh
For Metro Canada

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- 2 cups Greek-style yogurt
- fresh blueberries
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- fresh mint
- maple syrup

Directions

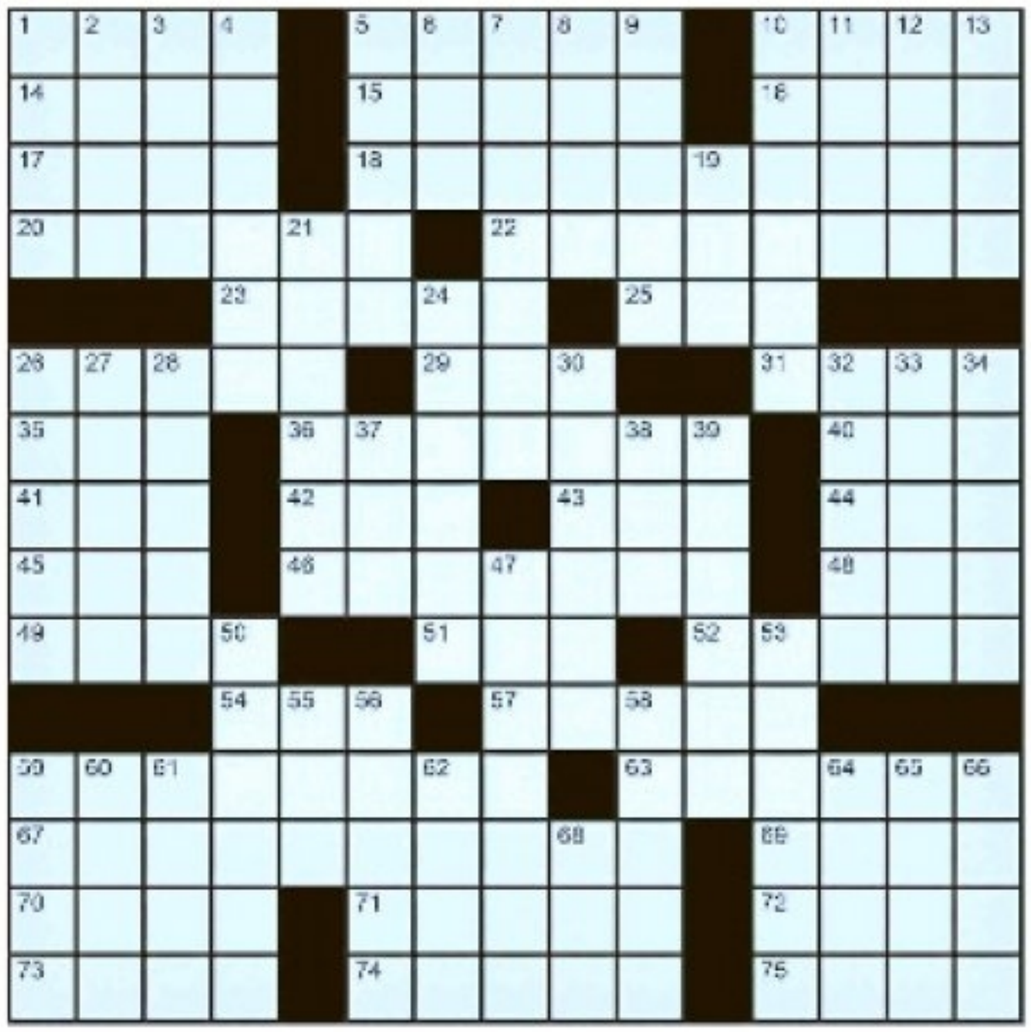
1. Carefully slice watermelon into discs about 1-inch thick. Then cut each disc into 4 slices, pizza-style. Arrange watermelon slices on a plate.

2. Spread the yogurt evenly across the meat of the melon. Sprinkle with blueberries, slices of strawberries, raspberries and fresh mint. Drizzle with maple syrup.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Golfer's prop
5. Records
10. Half
14. "The Perry _ Show"
15. Take _ _ trip (Travel alone)
16. "BC's opposite is known _ _ _." ...said the dates expert
17. Cajole
18. RIO 2016: Barry Manilow song sharing the name of Rio's famous beach
20. Deep down
22. RIO 2016: Stuff in the pool
23. Explosive stuff
25. WSW opposite
26. Duck
29. Victorian _
31. Canadian songstress Ms. Jordan
35. Madonna movie role
36. Viewpoint
40. Waste
41. Batch
42. Li'l diagram
43. Yore's 'before'
44. "Hold _ _ sec..."
45. "C'est la _!"
46. Attendee of a concert by the singer at #18-Across
48. Wealthy dollar amt.
49. Scandinavian story
51. Pine-_ (Cleaning brand)
52. RIO 2016: Athletics a.k.a. _ & Field
54. Deplete
57. Chocolate cake ingredient
59. RIO 2016: Track & Field event: 2 wds.
63. RIO 2016: Relay team member in Track & Field
67. RIO 2016: One who gets the crowd cheering in Soccer: 2 wds.
69. _ fruit
70. Dainty
71. _ de menthe
72. Level
73. Low-lying area
74. Flute, e.g.
75. Mind

DOWN
1. 301, fancy-style
2. Common _ (Canuck coin bird)
3. Ms. Thurman's
4. RIO 2016: Olympic sport
5. Be silent, to a musician
6. Volcano in Japan, Mount _
7. Movie-watcher's treat
8. "In the Valley of _" (2007)
9. Architectural base
10. RIO 2016: Fencing swords
11. Mr. Morales
12. Manfred _
13. Family suffix in zoology
19. _ Center (Chicago building)
21. Go extinct: 2 wds.
24. Sits on the throne
26. Check out, _ into
27. Egg-shaped
28. Courted
30. Danny of "Do the Right Thing" (1989)
32. Fragrance
33. Boom kind
34. Celery _
37. Ms. Zadora
38. 'Mountain'-meaning prefix
39. Sir Isaac _
47. RIO 2016: Thomas Bach's official gig, for short: 2 wds.
50. Jessica Simpson's sister
53. RIO 2016: Badminton or Tennis need
55. Singer Mr. McLean, et al.
56. Geometric scarf designer Emilio
58. One giving home help
59. TV cable channel
60. American state
61. Highlander
62. Daybreak, to a poet
64. Bee's abode
65. _ Sound, Ontario
66. Peel
68. CPR giver

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's Full Moon could create problems with your kids, or your friends or even a romantic partner. Your best choice is to chill out.

Taurus April 21 - May 21
Today you are caught between the demands of home and family versus the demands of your job and your career. (You can't ignore home and family.)

Gemini May 22 - June 21
Be careful, because this is an accident prone day for your sign since you or someone else might be distracted. Be calm and be aware.

Cancer June 22 - July 23
Disputes about finances, possessions, debt and inheritances might come to a head today. It's important to know what you really want before you agree to anything.

Leo July 24 - Aug. 23
Today the only Full Moon opposite your sign all year is taking place. This will create some emotional excitement or tension between you and partners and close friends. (But you still can enjoy this day!)

Virgo Aug. 24 - Sept. 23
Be patient with co-workers today, because the Full Moon's energy makes everyone a bit antsy and easily annoyed. Therefore, stay calm. Be a role model for others.

Libra Sept. 24 - Oct. 23
Don't try to persuade a friend to agree with you today. Just agree to disagree. Likewise, your relationships with children might be challenging because of the Full Moon's energy today. Go slowly.

Scorpio Oct. 24 - Nov. 22
Like Taurus, you feel challenged by juggling the demands of home and family versus job. However, unlike Taurus, you cannot ignore your career, job and public reputation.

Sagittarius Nov. 23 - Dec. 21
Avoid controversial subjects like politics, religion and racial issues today, because they quickly will lead to an argument. (Emotions run high during a Full Moon.)

Capricorn Dec. 22 - Jan. 20
Try not to get carried away with disputes about shared property, inheritances and financial matters today, because today's Full Moon is a tough day for having important discussions. Easy does it.

Aquarius Jan. 21 - Feb. 19
Today the only Full Moon in your sign all year is taking place. Naturally, this makes you more emotional, which can rebound off close friends and partners. Oh well.

Pisces
Feb. 20 - March 20
Issues at work and conversations with co-workers might be frustrating today because of the Full Moon energy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9				8		4		5
		2					7	
								8
		7			1	2		
	6		7		2		3	
		1	3			9		
1								
	5					6		
8		9		6				4

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4	9	2	7	1	6	8	5	3
6	8	3	2	5	4	1	9	7
5	7	1	3	8	9	2	6	4
1	6	5	9	3	7	4	8	2
8	2	4	1	6	5	3	7	9
9	3	7	8	4	2	5	1	6
7	5	9	4	2	1	6	3	8
3	4	6	5	9	8	7	2	1
2	1	8	6	7	3	9	4	5

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